Exware® 3

Customised Exercise Sheet Software

November, 2008

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Chapter 1
Installing Exware

1.1 Installing Exware 3

The contents of this chapter are available in the printed version of the manual, or on the Exware CD, see the Doco folder, the full version is **Exware 3 User Manual 2008.doc**.

Chapter 2
The Sheet Screen

2.1 Quick Start –create a sheet ready to print
2.2 Delete, Zoom, Description, Blanks, Options, Order
2.3 Sheet Preview, Diary, flipping photos
2.4 Adding new clients and selecting saved clients
2.5 Adding new & selecting therapists, Save & Save As
2.6 Opening a new sheet
2.7 Patient History Screen-selecting saved sheets
2.8 Sheet Templates
2.9 Emailing sheets

2.1 Quick Start – Create a sheet ready to print

a. Viewing exercises available in each Major Class and Sub Class

To view the exercises available for selection, click over the Major Class first and then the Sub Class you require by clicking on the text (eg Ankle/Foot and Strength General).

b. Selecting an exercise

Photos from the beginning of that class will be displayed in the 3 boxes. Click over a photo box to select an exercise for your sheet (maximum of 10).

b. i. N.B. It is also possible to select an exercise with the **Find** button. Scroll through the entire Exware library or type in the exercise code.

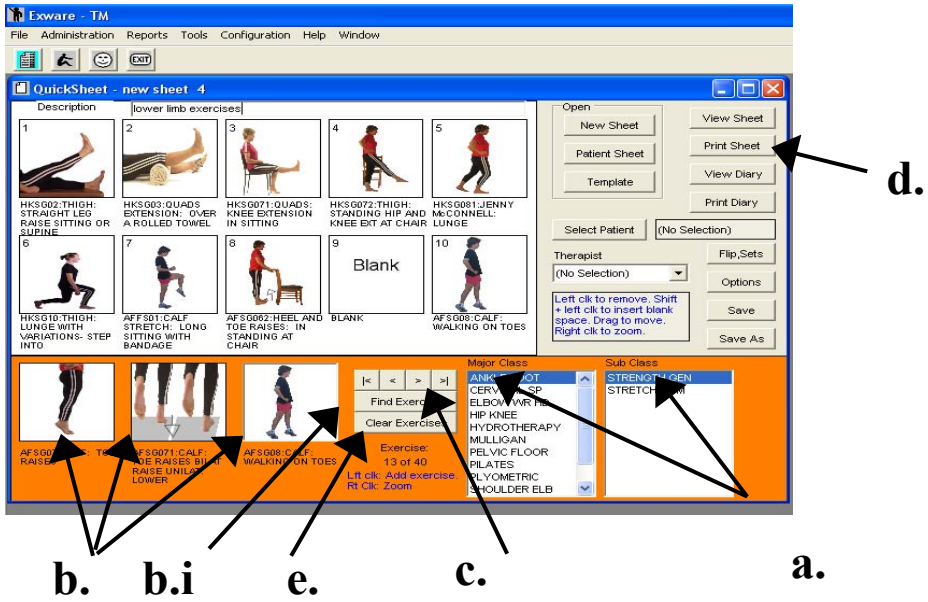
c. Scrolling through the selection

Click the arrows to scroll through the available list of exercises.

d. Printing a sheet

Click Print Sheet, select any printing preferences and then click Okay.

e. **Clear** the entire sheet by clicking **Clear Exercises.**



2.2 Delete, Zoom, Description, Blanks, Options, Order

a. Changing the exercise order on your sheet

To change the order of the exercises, left click and hold over the exercise photo you wish to move, then drag and drop it over the exercise you wish to swap it with.

b. Removing exercises from your sheet

To remove an exercise, left click over the photo box.

c. Zoom / Viewing entire exercise – the Modify Screen

To view the entire exercise, right click over the photo. This opens the **Modify Exercise Screen** where it is possible to modify the text and type in rep & set values. Click **Save** to keep your modifications (N.B. changes only apply to that sheet, default values still apply for all other sheets).

d. Type a sheet description

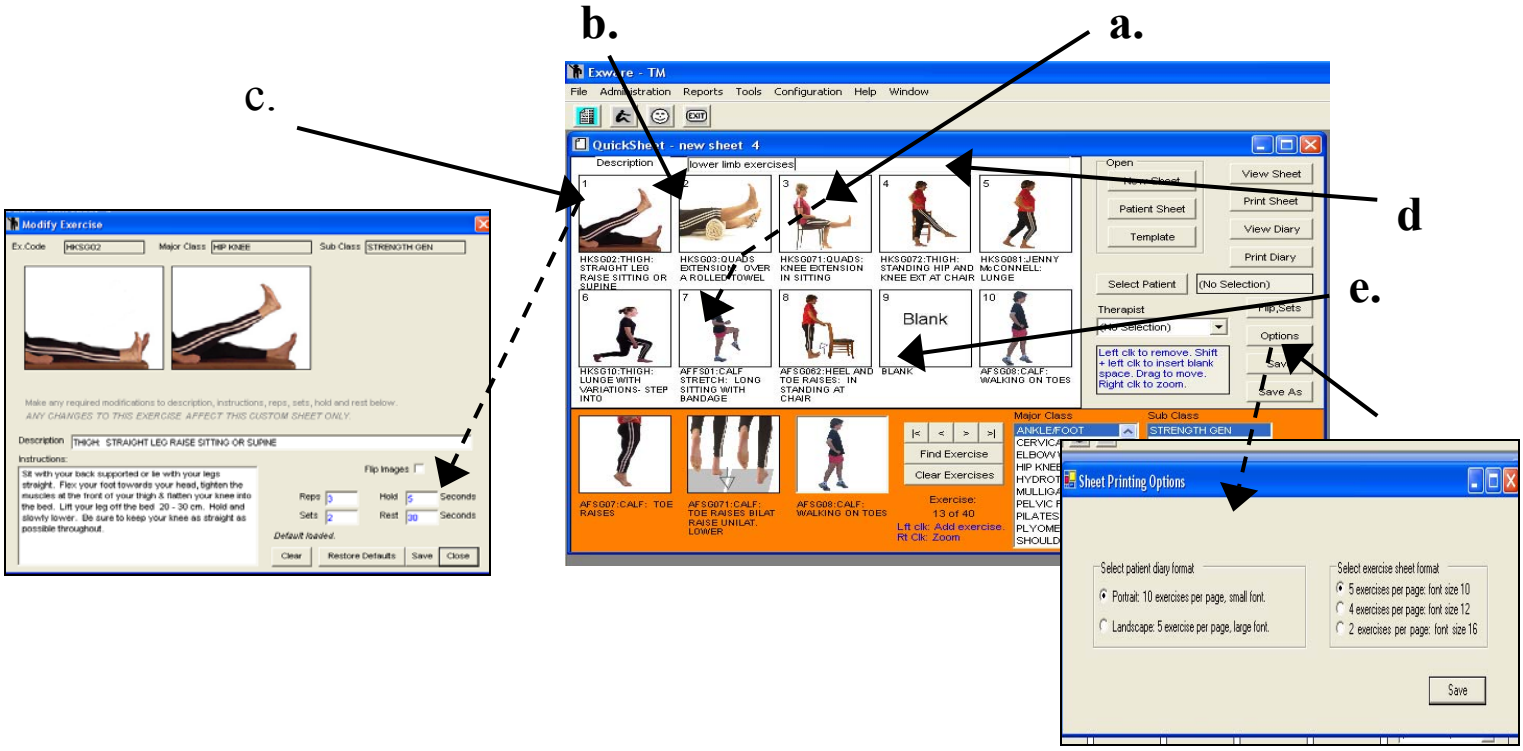
Text typed into the text box will be displayed on the sheet when printed.

e. Inserting a blank

Hold the shift key down and left click to insert a **Blank** exercise into your sheet (N.B You can type text in the **Blank** text box in the **Modify Exercise Screen**-step 2.2c).

f. Page layout

Choose the **Options** button to select the number of exercises printed per page- five, four or two, with larger font for the latter.
Select **Portrait** or **Landscape** for the **Patient Diary** layout.



2.3 Sheet Preview, Diary, flipping photos

a. Sheet Preview

Click **View Sheet** to preview how the sheet will look when printed.

b. View Diary

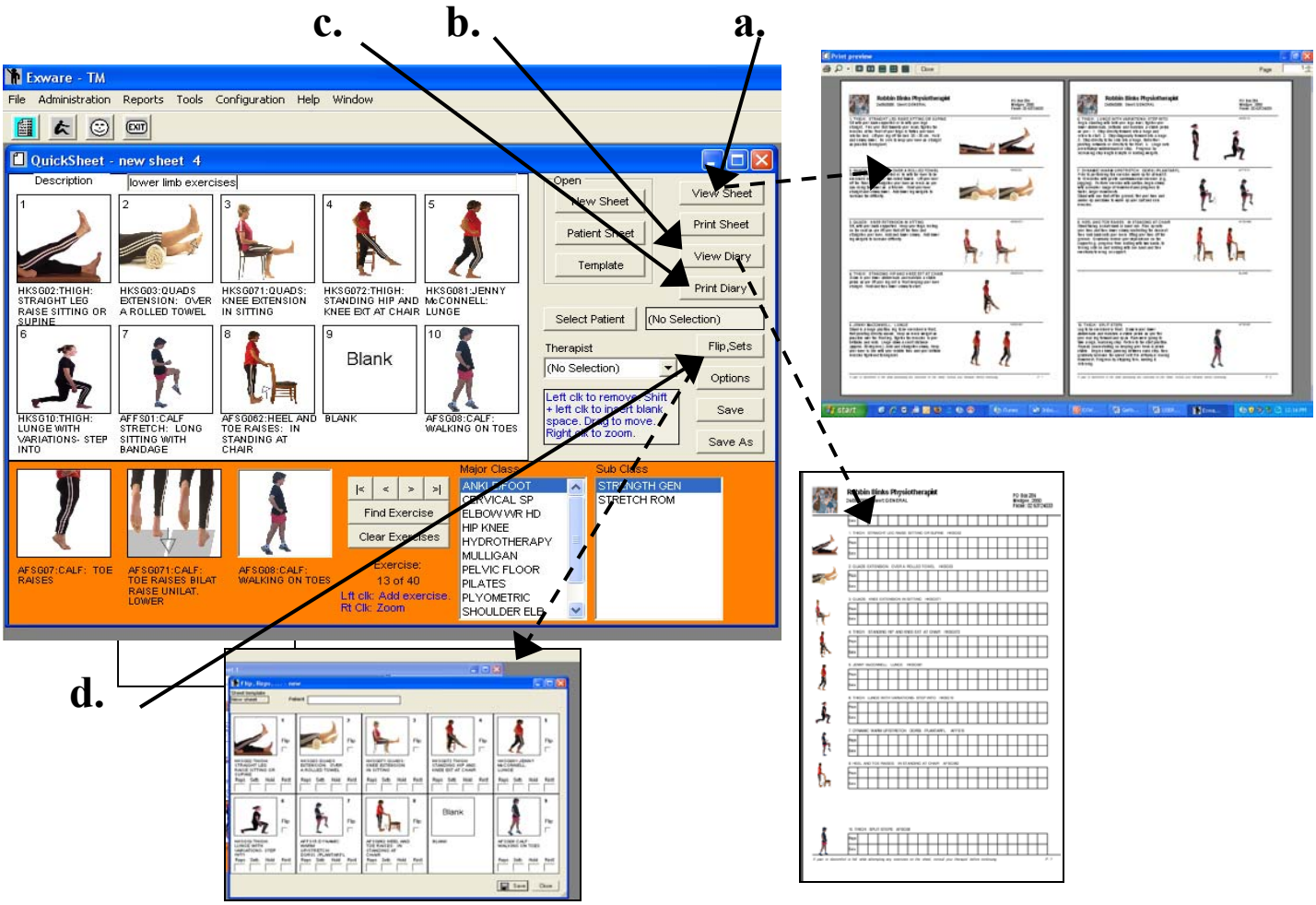
Click **View Diary** to preview how the diary will print.

c. Print Diary

Click **Print Diary** to print a patient diary for the sheet you have created or selected.

d. Flip photos, Reps, Sets, Hold & Rest

Click **Flip, Sets** to flip the photo from left to right hand or vice versa. Type in **Sets, Reps, Hold** and **Rest** values, click **Save** to save your changes.



2.4 Adding clients & selecting saved clients

a. Adding new clients

To add a new client to Exware, click over the **Smiley Face** icon on the task bar. This opens the **Patient Screen**. Choose **Add** and then type in your client's details in the text boxes. Click **Save** to keep your selection.

b. Selecting a previously added client

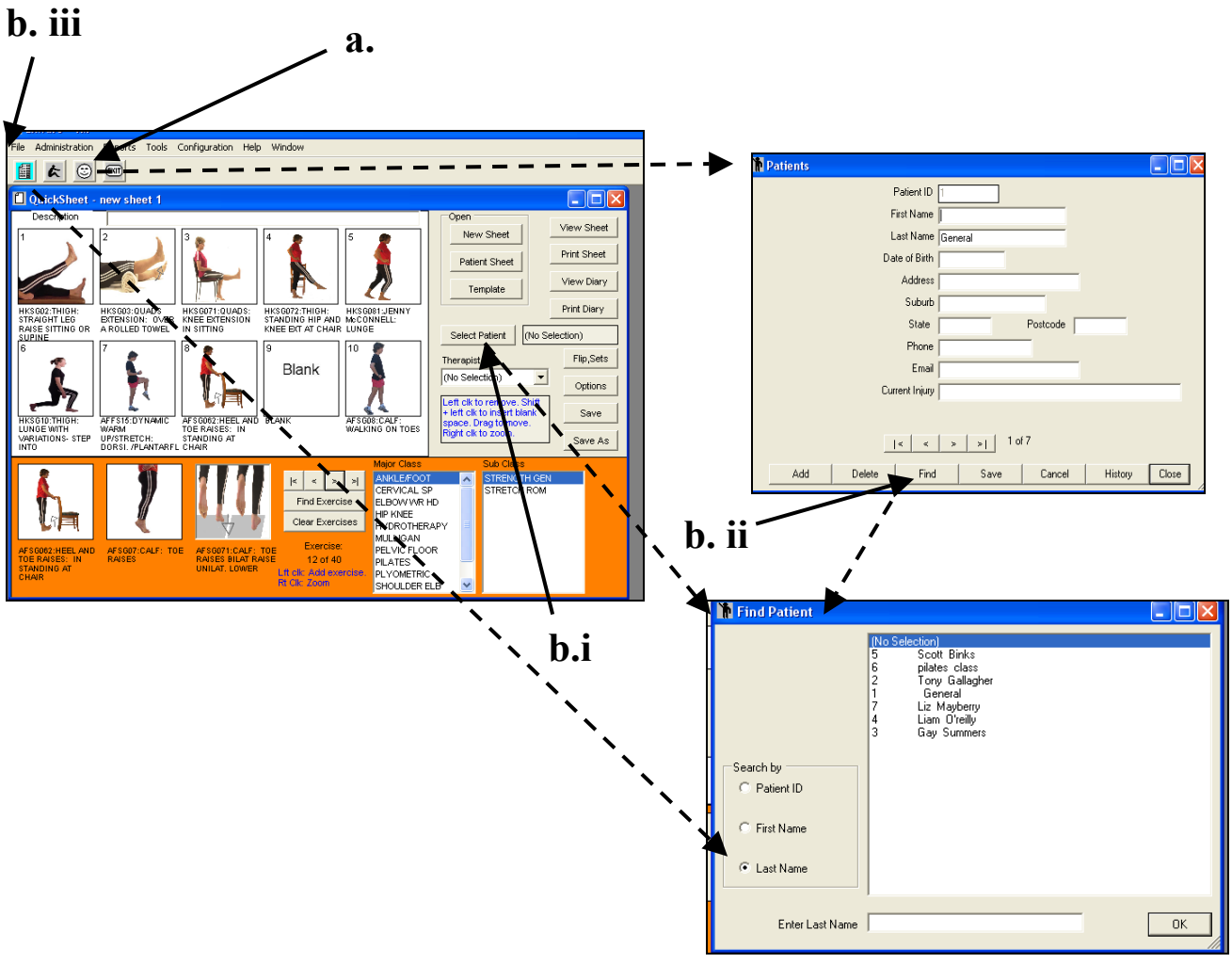
Opening the **Select Patient Screen** is possible in one of three ways:-

i. By clicking over the **Select Patient** button in the **Quicksheet Screen;**

ii. By clicking **Find** if you are still working in the **Patient Screen;**

iii. By going to **File** and then selecting **Patients.**

Once in the **Select Patient Screen** it is possible to search by first name, last name, client number or by highlighting a client name. Once selected, click **Ok** and that client name will appear on the current sheet.



2.5 Adding & selecting therapists, Save & Save As

a. Adding a therapist

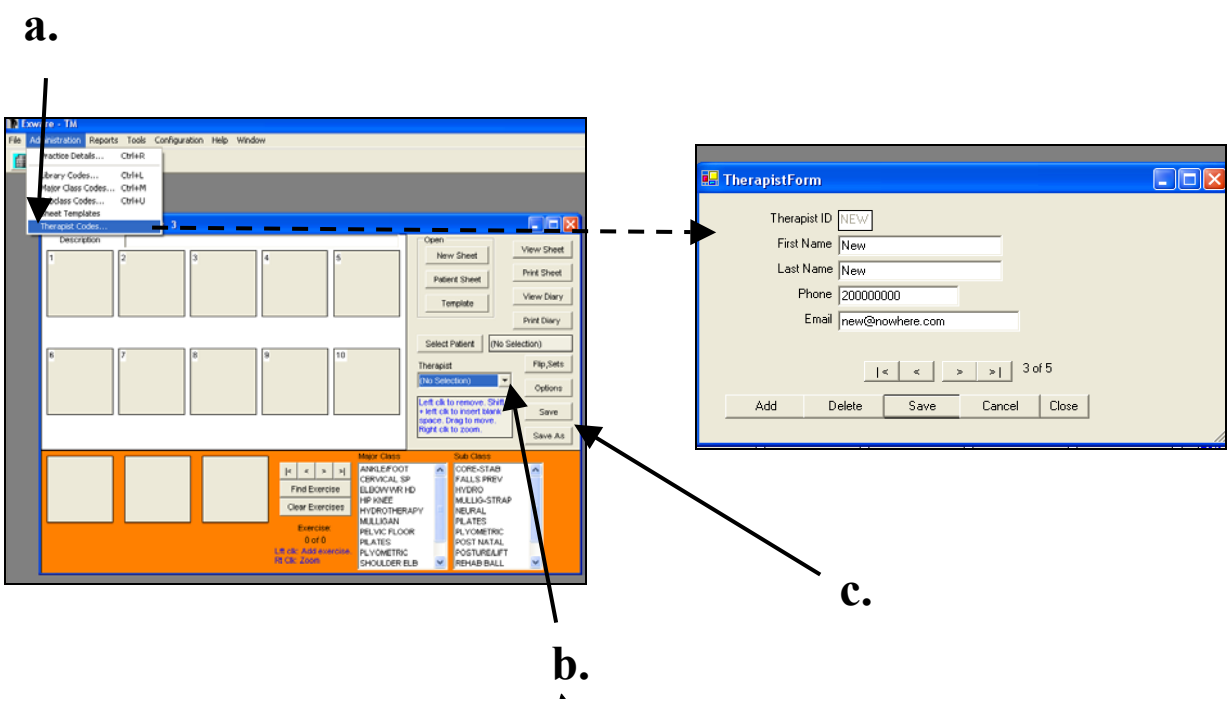
To add a new therapist, go to Administration and then Therapist, this opens the Therapist Form. Type in the therapist details and click Save and then Close.

b. Selecting a therapist for the current sheet

Click the arrow beside the therapist box to drop down the list of available therapists. Highlight the name required and it will appear on the sheet when it is printed.

c. Save and Save As

Once a client and therapist have been selected the sheet can be saved. To save in a specific library, or to a new client select **Save As**. To save changes to an existing sheet select **Save**.



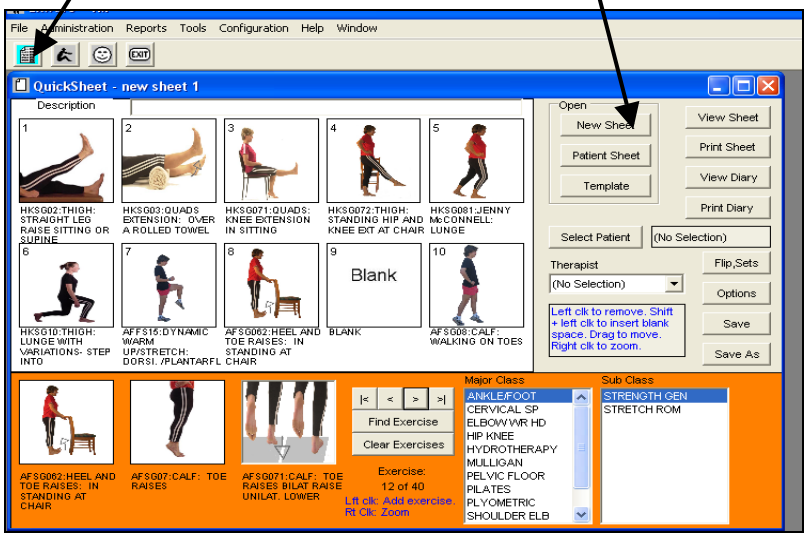
2.6 Opening a New Sheet

There are a number of ways to open a new sheet:-

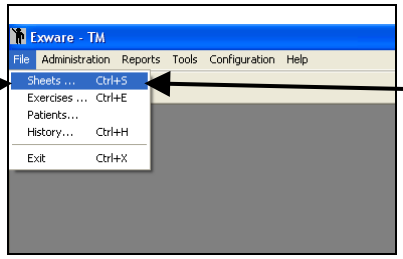
i. Click the **New Sheet** button in the **Quick Sheet Screen;**
ii. Click the **Paper** icon in the tool bar.
iii. By choosing **File** and then **Sheets.**
iv By using **Control + S** on the keyboard.

N.B. Multiple sheets can be opened if either **ii, iii** or **iv** are used to select the next sheet. This option is not available if using the **New Sheet** button (i).

ii **i**



iii **iv**



2.7 Patient History Screen-selecting saved sheets

a. **There are a number of ways to navigate to Patient History:-**

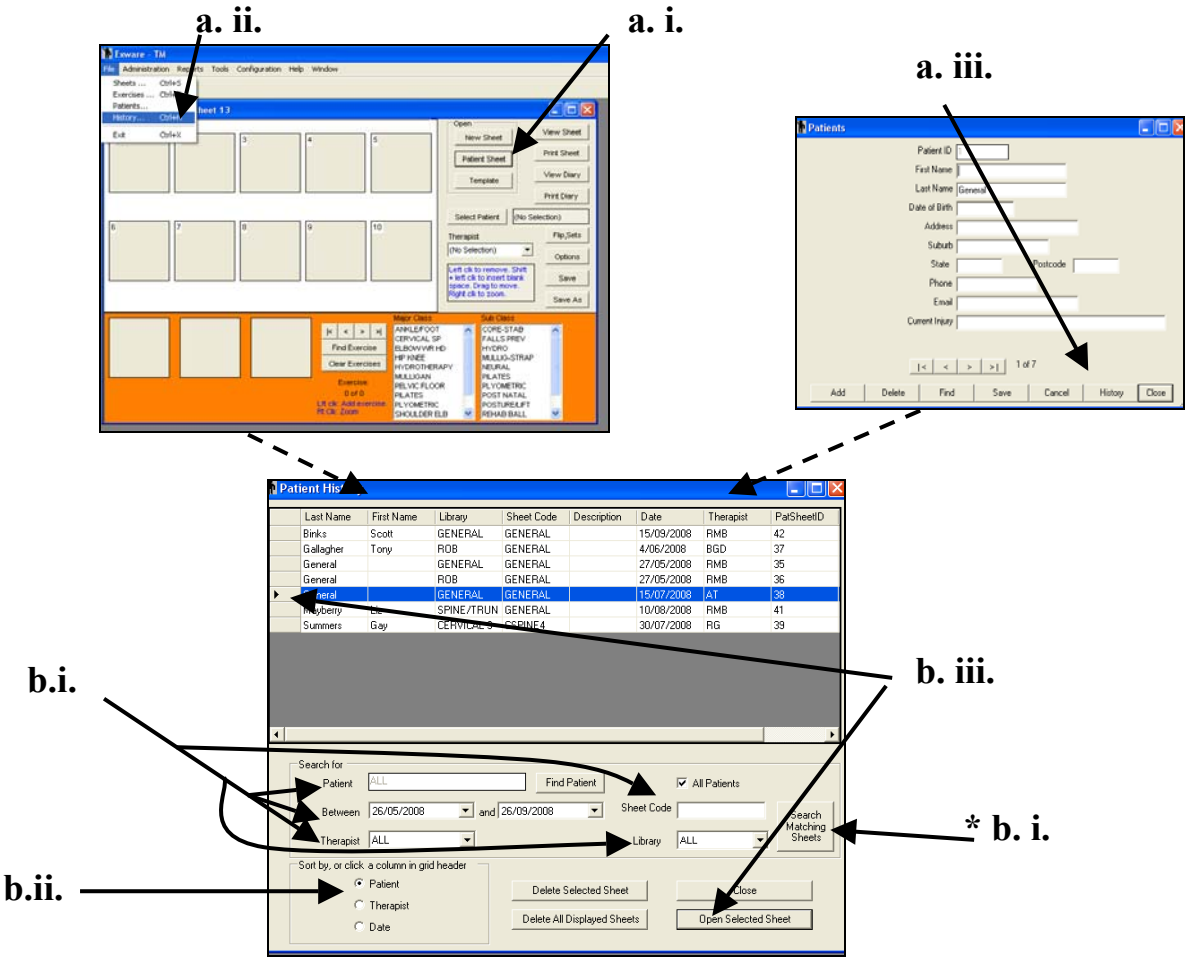
- **i.** By clicking the **Patient Sheet** button.
- **ii.** By opening the **File Menu** and then choosing **History.**
- **iii.** Via the **Patients Window** and then choosing **History** in that screen.

b. **The Patient History Screen**

Saved sheets can be searched for:-

- **i.** Specifically by **Therapist, Patient, Date, Code and Library**. (*click **Search Matching Sheets** once you have selected your search);
- **ii.** by sorting columns by **Patient**, **Therapist** or **Date** & scrolling thru;
- **iii.** by finally clicking in the **left column** to highlight the sheet you require and then clicking **Open Selected Sheet.**

N.B. Modifications can be made to that selected sheet and saved over previously saved values (**Save**) or saved to a new client (**Save As**).



2.8 Sheet Templates

You can create and save sheets (templates) for regular use rather than starting a new sheet each time. There are a number of templates already saved in Exware.

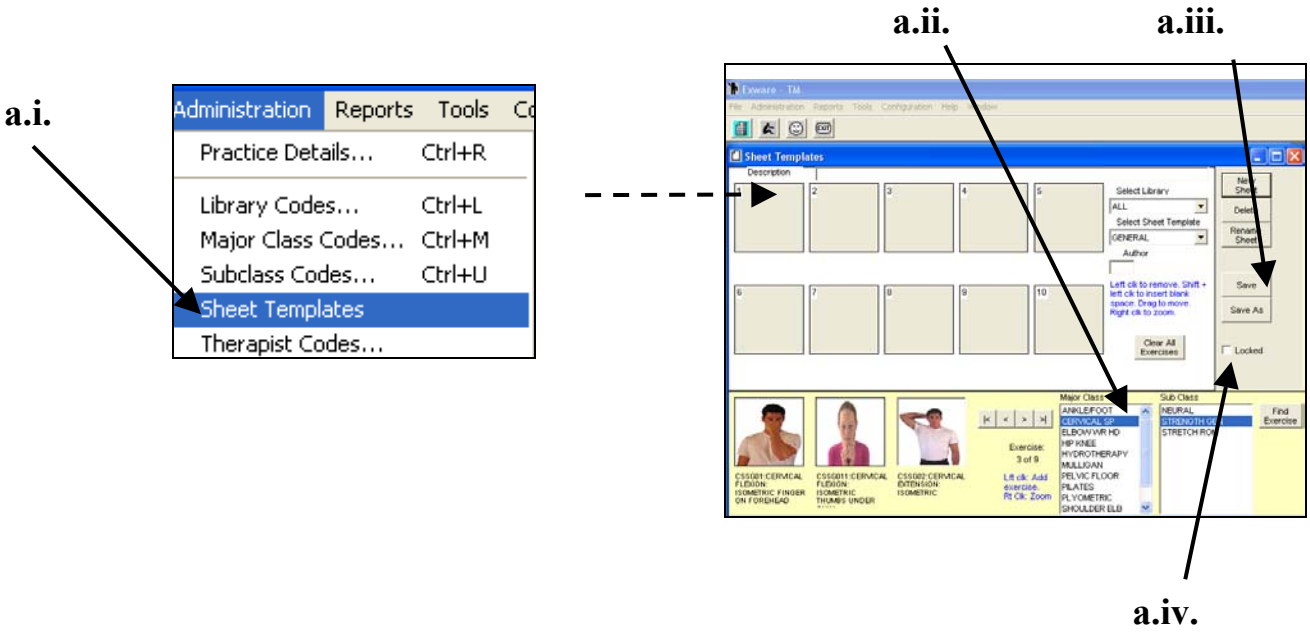
a. Creating a New Template

i. To create a new template, select **Administration** and **Sheet Templates**. This opens the **Sheet Template Screen**.

ii. Exercise selection
Exercise selection involves the same steps as for creating a Quick Sheet (2.1) i.e select a **Major and Sub Class**, scroll through and select the exercises required.

iii. Click **Save As** to save your template to a particular **Library**.

iv. Locking the sheet
To ensure your sheet does not get accidentally deleted select **Locked.**



Sheet Templates cont.

b. Selecting an existing template

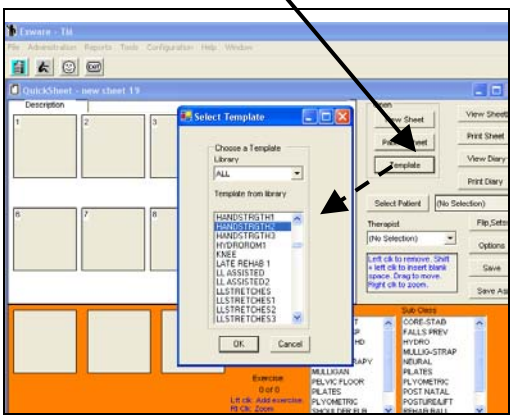
i. An existing template can be selected by clicking the **Template** button in the **Quicksheet Screen** and then choosing a **Library** and **Sheet** from the list or by:-

ii. Selecting a **Library** and a **Sheet Template** while working in the **Sheet Template Screen.**

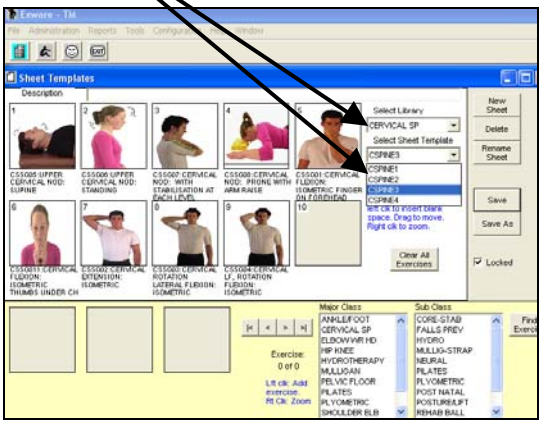
N.B. Changes can be made to an existing template and saved using the **Save As** function or by unlocking the sheet and choosing **Save.**

Sheets can be **renamed** but not **deleted** if they are locked.

b.i



b.ii



2.9 Emailing Sheets

To email a sheet to a client you must install the necessary software from the Exware installation CD (or download it from the internet).

a. To Install / Download the necessary software:-

You require software that can *create* PDF (portable document format) files. The software to *read* these files is easily available, free, and usually already installed on your computer.

To obtain the necessary software to create PDF files you can:-

- Download PDF995 from www.pdf995.com
- Purchase ADOBE Acrobat that includes Acrobat Distiller (a PDF writer).

or

- Install PDF995 from your Exware CD.

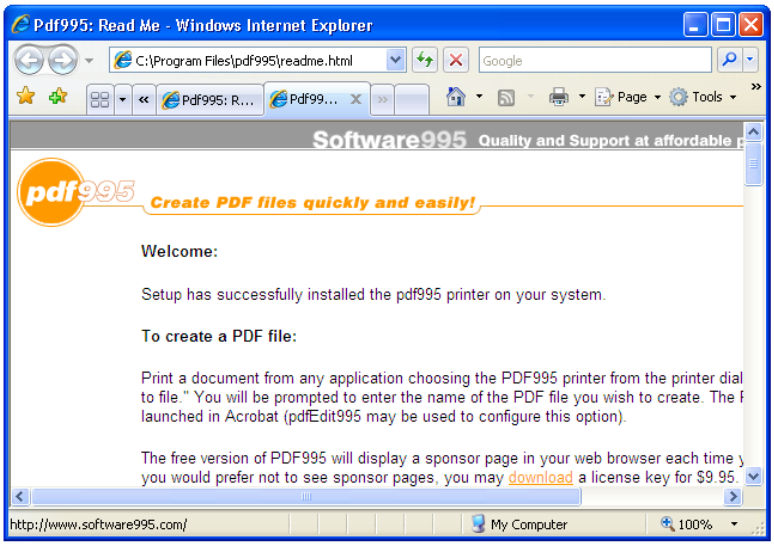
PDF995 is a free version of the software and will display a pop-up when you use it or you can pay $9.95 to get the unencumbered version.

To install it from the CD, open up My Computer, locate the CD/DVD drive, and double-click on the **RunPDF** file (depending on settings, this may appear as **RunPDF.bat**).

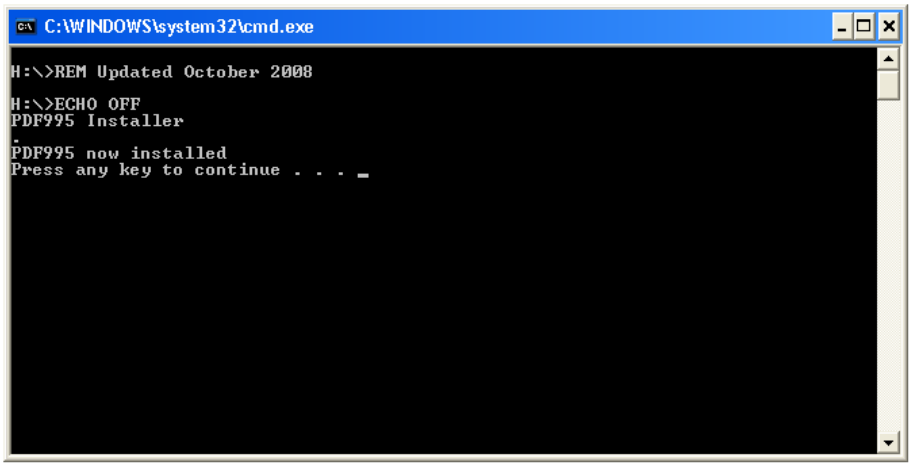
Your screen will temporarily appear as shown on the right:

The PDF995 install program then opens up a web browser with the following page:

You can close this.


Pdf995: Read Me - Windows Internet Explorer
C:\Program Files\pdf995\readme.html
Google
Pdf995: R...
Pdf99...
Page
Tools
Software995 Quality and Support at affordable
pdf995
Create PDF files quickly and easily!
Welcome:
Setup has successfully installed the pdf995 printer on your system.
To create a PDF file:
Print a document from any application choosing the PDF995 printer from the printer dial
to file." You will be prompted to enter the name of the PDF file you wish to create. The
launched in Acrobat (pdfEdit995 may be used to configure this option).
The free version of PDF995 will display a sponsor page in your web browser each time
you would prefer not to see sponsor pages, you may download a license key for $9.95.
http://www.software995.com/
My Computer
100%

Then press any key to close the DOS screen:



That completes the installation process.

Emailing Sheets cont.

b. To create a PDF file in Exware ready for email:-

i. Create/select an **Exercise Sheet** in Exware.

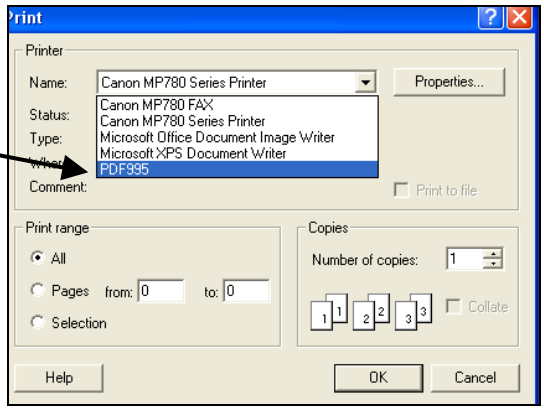
ii. Choose **Print Sheet** and select the **PDF995** in **Printing Preferences**.

iii. Click the **OK** button and the PDF writer then asks you to choose a location to save the PDF file. Save the sheet in a meaningful file e.g. in **My Documents** or your **Desktop**.
The PDF writer will then slowly produce a PDF file.
N.B. If you click the **Printer** button from the **Print Preview Screen**, your output goes to the default printer – there is no choice.

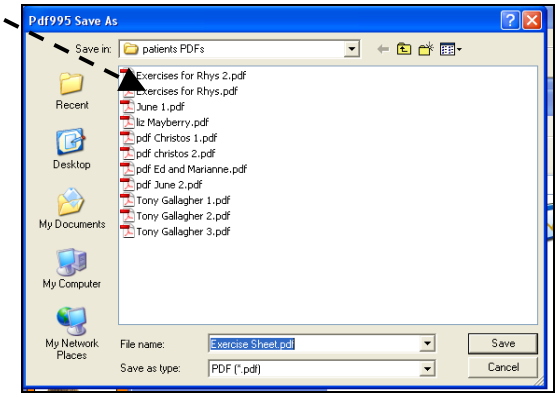
iv. Open your email program and attach the saved PDF file to your email.

v. Click the **Send** button.

b.ii



b.iii



Trouble Shooting: If you are using Acrobat Distiller to produce the PDFs, and you find only half the page showing, then you need to change the settings. When you go to print:

- select Acrobat distiller and then:-
- click the Properties button.
- Then select the Adobe PDF Settings tab, and
- change the "Conversion Settings" combo box from "eBook" to "Print".

Chapter 3
The Exercise Screen

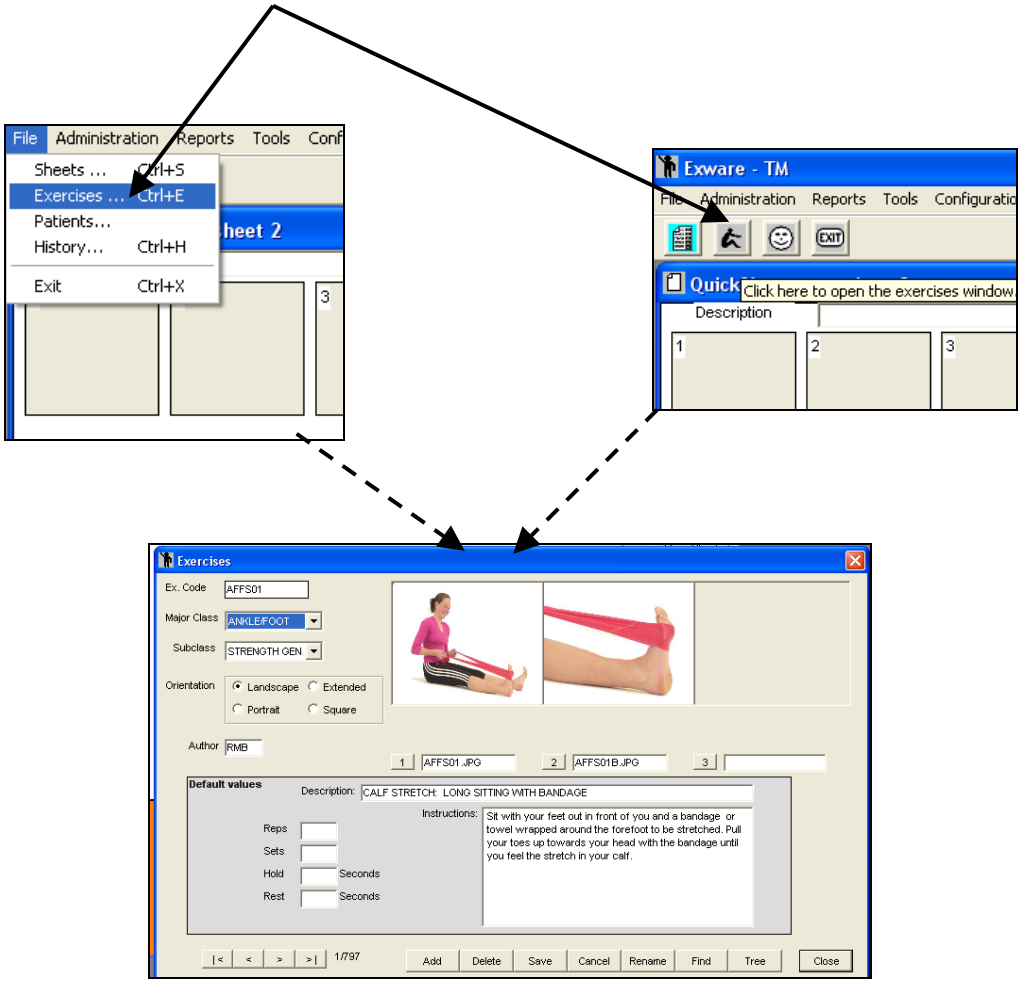
3.1 Accessing the Exercise Screen
3.2 Classes, Orientation, Selecting an Exercise:- Find & Tree
3.3 Reps, Sets, Instructions, Add, Delete, Save, Cancel &Rename
3.4 Adding a new exercise
3.5 Importing your own photographs

3.1 Accessing the Exercise Screen

Exercises can be added, deleted or modified on a permanent basis in the **Exercise Screen.**

a. Accessing the Exercise Screen

To access the **Exercise Screen** click on **File** and then choose **Exercises** or click over the **Figure Icon** in the task bar.



3.2 Classes, Orientation, Selecting an Exercise:- Scrolling, Find &Tree

a. Major Class and Sub Class

Click the arrow to view the **Major Classes** and **Sub Classes** available. Highlight the classes you require. This determines where the exercise is stored.

b. Orientation

Set the best **Orientation** for the displayed photos.

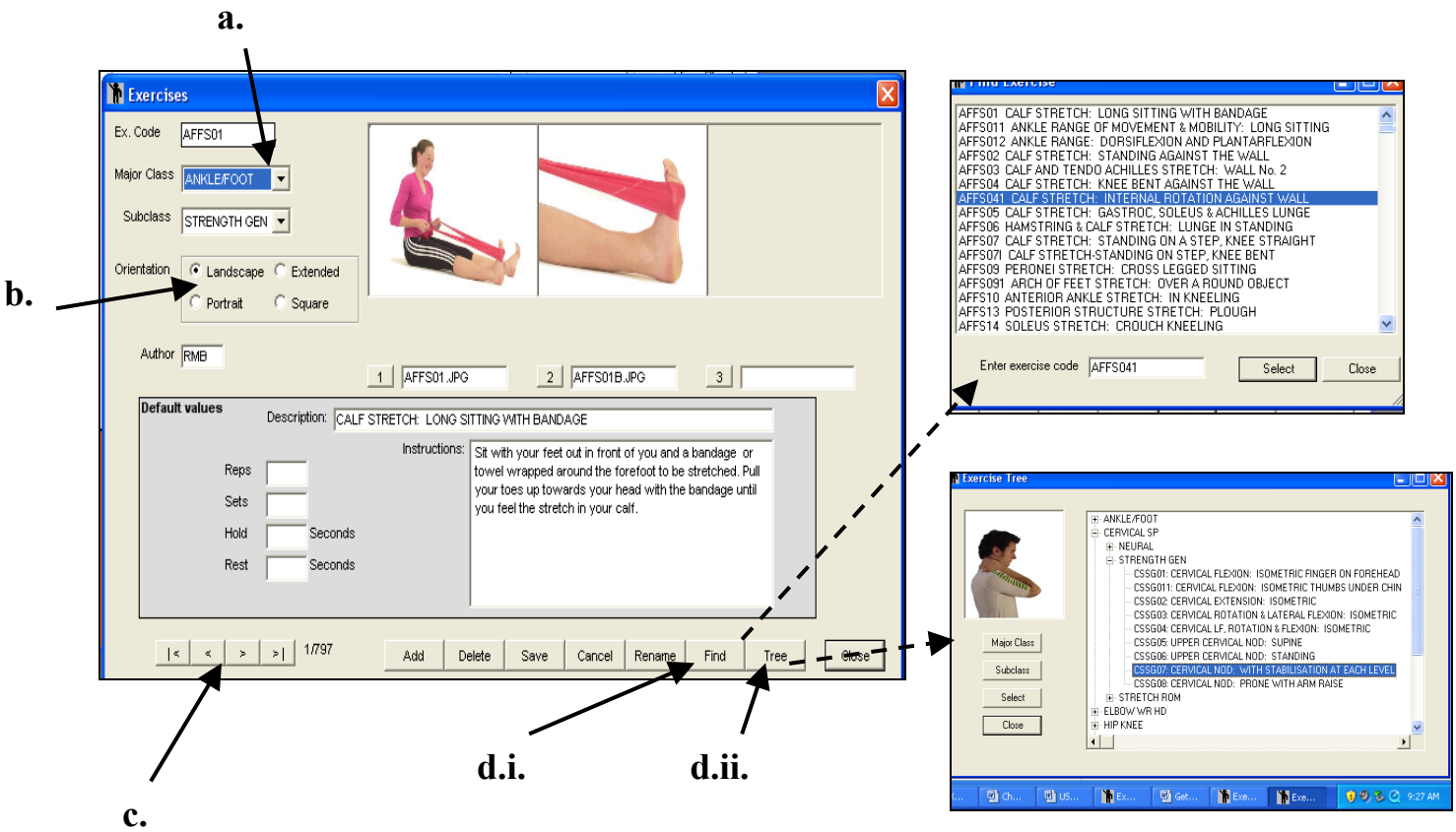
c. Scroll through the Exercise List

Click on the arrows to scroll through the 790+ exercises from first to last.

d. Find and Tree – Selecting an exercise from the Library

i. Click **Find** and scroll through, highlight the exercise you require **or** type the exercise code in the text box and then click **Select.**

ii. Click **Tree** to expand the **Library** in **Subclasses**, click over the + to expand that class. Highlight the code required and click **Select**.
Click **Major Class** & **Sub Class** in that screen to close that class.



3.3 Reps & Sets, Description, Instructions, Add, Delete, Save, Cancel and Rename

a. Reps, Sets, Hold and Rest values

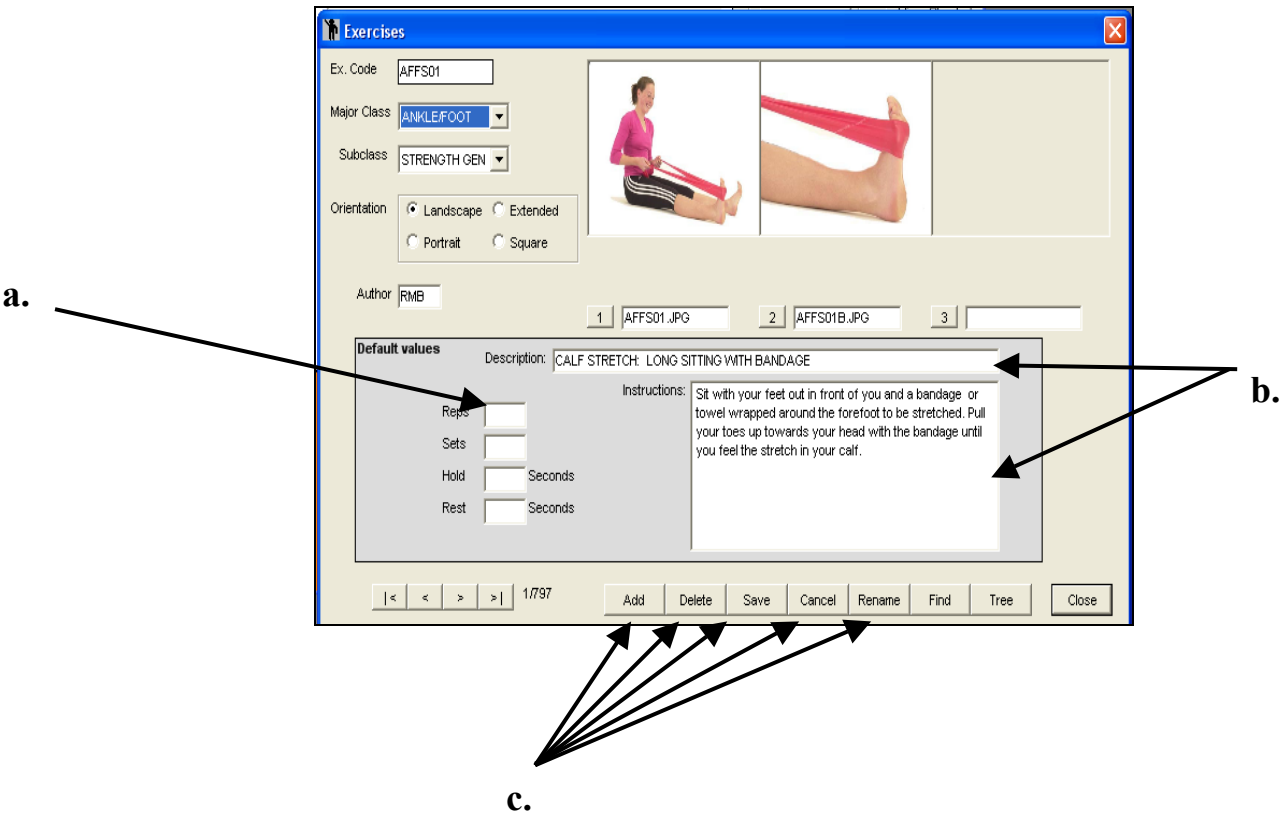
Set default values for **Reps, Sets, Hold and Rest** (Exware 3 ships with these values blank). These values will then be printed for that exercise when it is printed on a sheet.

b. Description and Instructions

Click and then type your new description in the **Description Text Box** and the **Instruction Text Box**.

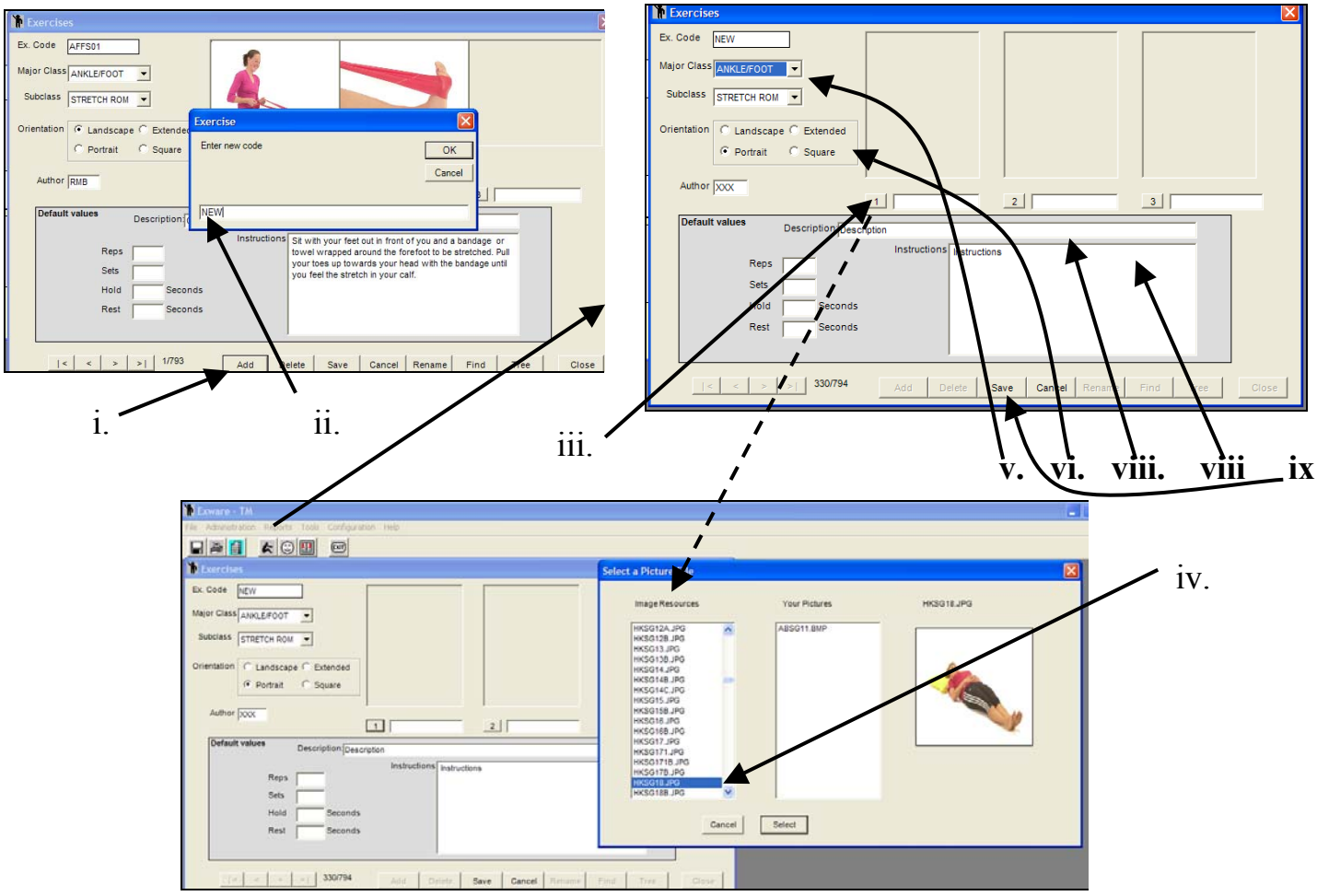
c. Add, Delete, Save, Cancel and Rename

Click **Add** to add a new exercise (see 3.4);
Click **Delete** to permanently remove the displayed exercise;
Click **Save** to permanently save any changes you have made to the displayed exercise;
Click **Cancel** to return to the default values for the displayed exercise;
Click **Rename** to give the displayed exercise a permanently new code.
** A maximum of 8 characters only.



3.4 Adding a new exercise

i. To add a new exercise open the **Exercise Screen** and click **Add.**
ii. Enter an eight character name for your new exercise in the dialogue box and click **OK.**
iii. Click over the **'1'** under the first photo box to open the **Picture File Screen**.
iv. Scroll through and highlight the photo you require and click **Select**. Repeat for the remaining 2 photo boxes if you require a sequence.
v. Choose a **Major Class** and **Sub Class** to store the exercise.
vi. Choose the **Orientation** that best displays the photos.
vii. Type in a **Description** for the exercise.
viii. Type in the exercise **Instructions**.
ix. Click **Save** to keep your changes.



3.5 Importing your own photographs

a. The simplest way to import photos for creating your own exercises is by first creating a folder to store them in on your computer. Then from your computer's desktop:-

i. go to **My Computer**;

ii. Select your computer's hard drive – usually **C**;

iii. Select the **New Folder** option and name it e.g. PHOTOS;

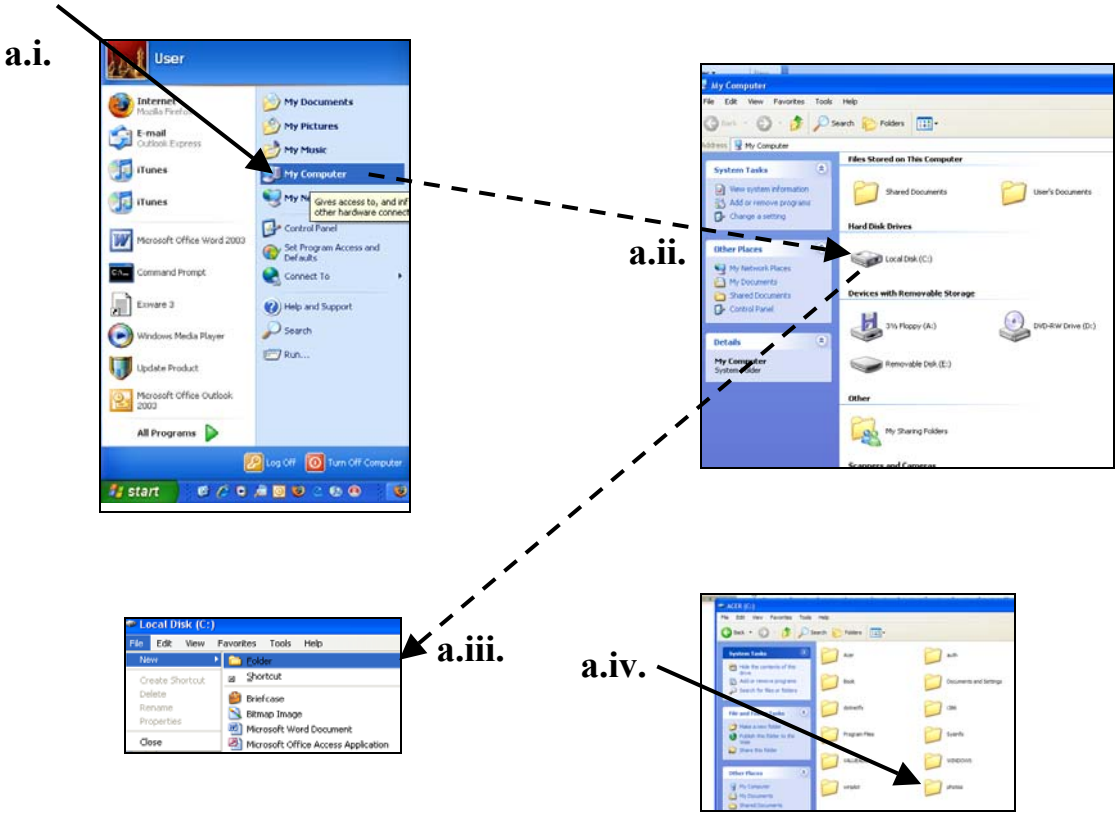
iv. Move your photos into that folder.

N.B. YOUR PHOTOS NEED TO BE SAVED AS JPEGS WITH FILE NAMES NO LONGER THAN 20 CHARACTERS

e.g. `cervical spine01.jpg`

Photos names are case sensitive when you are searching for them in Exware, i.e. If you have called them **.JPG** (and not **.jpg**) in your photo file, search for them that way in Exware.

It is more efficient (but not essential) to keep your photo file sizes on the smaller side e.g. 100 MB.



Importing your own photos cont.

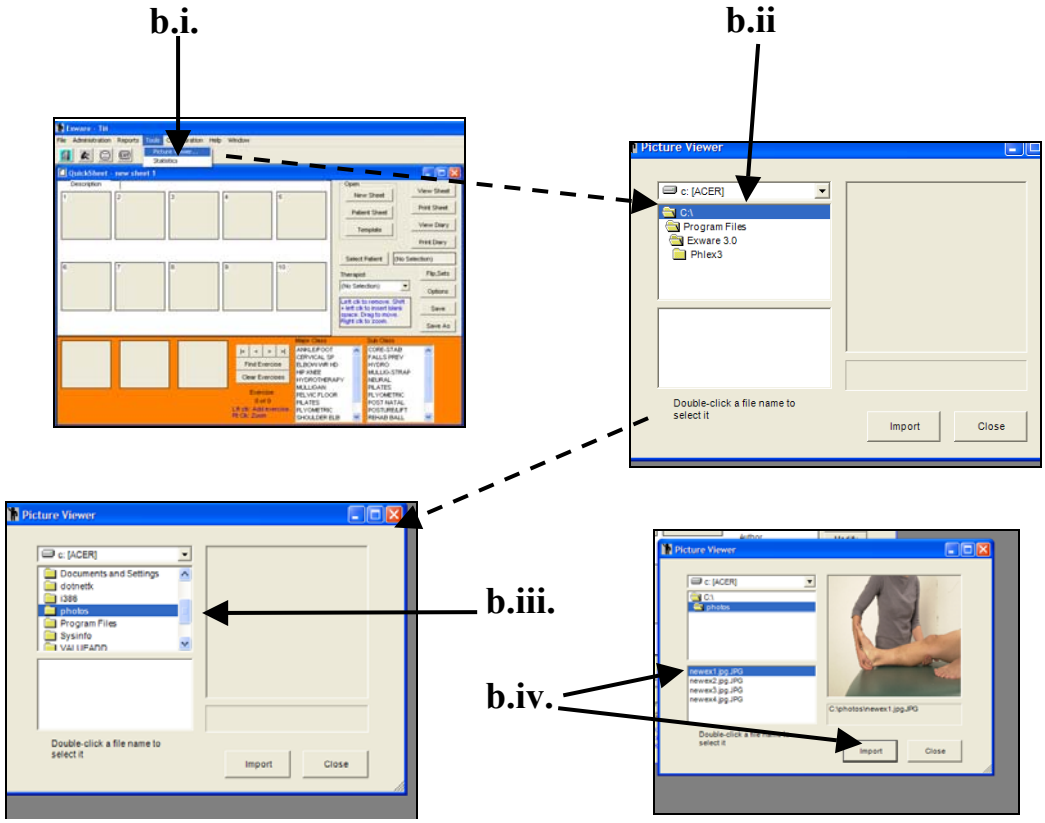
b. **i.** Open Exware and go to **Tools** and then **Picture Viewer.**

ii. Double click over C:\

iii. Scroll down until you find your folder (e.g. PHOTOS) where you stored your photos on the C drive and double click over that folder (e.g. PHOTOS)

iv. Double click the jpeg photo file you require and click **Import.**

Follow the steps in **3.4** to add a new exercise using your photos.



Chapter 4
The Administration Menu

The Administration menu includes the following items:

4.1 Major, Sub Class & Library Codes
4.2 Category Lists
4.3 Therapist Codes
4.4 Practice Details

4.1 Major or Sub Class or Library Codes

All **Codes** can be added to, modified or deleted.

a. Click over **Administration** and choose the required **Code** to open that code window.

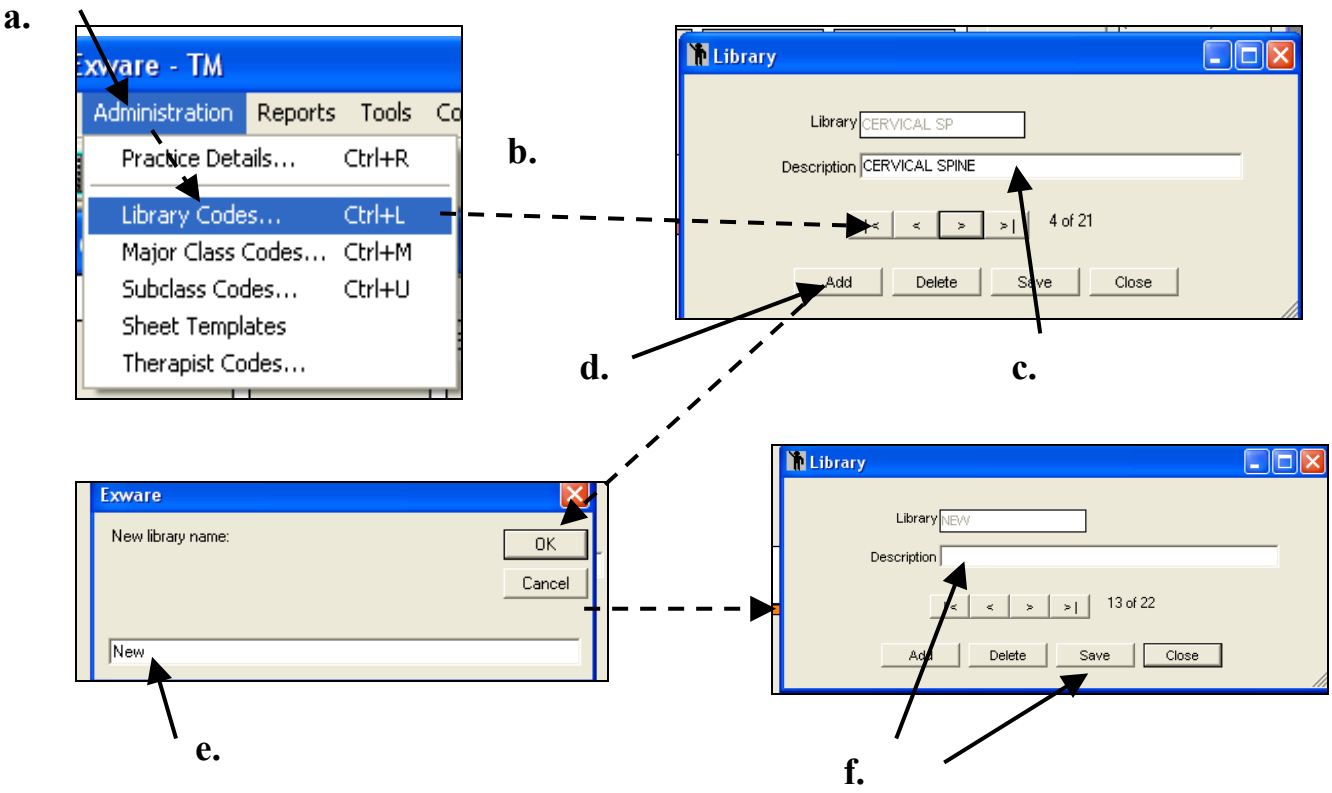
b. Click the arrows to view each code.

c. Modify the **Description** by clicking in the **Description Dialogue Box** and typing the new description, click **Save** to keep your changes.

d. Add a new **Code** by clicking over the **Add** button.

e. Type in the new **Library, Class or Therapist Code** and click **OK.**

f. In the new window, type in a **Description** and click **Save.**



4.2 Code Lists already available on Exware

MAJOR CLASS	CODE
Ankle foot	AF
Cervical Spine	CS
Elbow Wrist Hand	EH
Hip Knee	HK
Hydrotherapy	HY
Mulligan-self mobilisation	MS
Pelvic Floor	PF
Plyometric	PC
Shoulder Elbow	SE
Spine Trunk	ST
TMJ	TJ

SUBCLASS	CODE
Core stability	SS
Falls Prevention	FP
Mulligan-self mobilisation	MS
Neural	NE
Plyometric	SG
Posture-Lifting	PL
Rehabilitation Ball	BX
Strength General	SG
Stretch/ROM/PAIN	FS
Hydrotherapy	HY
Post Natal	PN

MAJOR CLASS	CORRESPONDING SUBCLASSES
Ankle/Foot	Strength general (strengthening exercises)
	Stretch ROM (stretches, pain relief, range of movt)
Cervical Spine	Strength general
	Stretch ROM
	Neural
Elbow Wrist Hand	Strength general
	Stretch ROM
Hip Knee	Strength general
	Stretch ROM
Hydrotherapy	Hydrotherapy (all categories together)
Mulligan self mobilisation	Mulligan (self mobilisation techniques)
Pelvic Floor	Strength General
Plyometric	Strength General
Shoulder/Elbow	Strength General
	Stretch ROM
Spine Trunk	Core Stability
	Posture Lifting (various lifting techniques & posture)
	Rehab Ball
	Stretch ROM
	Neural
	Post Natal
	Falls Prevention
Temporomandibular Jt (TMJ)	Strength General

Code Lists already available on Exware cont.

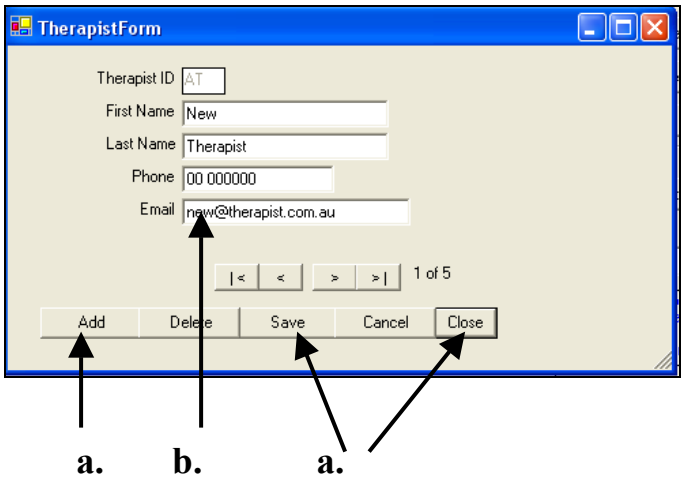
LIBRARIES

LIBRARY CATEGORY	SHEETS INCLUDED
Ankle Foot	Early rehab 1 and 2 Foot 1 Late Rehab 1 Stretch 1
Assisted	Lower limb assisted Lower limb assisted 2 Upper limb assisted
Cervical Spine	Cervical 1 Cspine Neural Cspine ROM 1 & 2
Dynamic stretching /Plyometrics	Dynamic Stretch 3,4,5 Plyometrics
Elbow	Elbow 1 Elbow Strength 1 & 2 Elbow stretches 1 Tennis /Golf
Falls Prevention	Falls Prevention 1 – 4 Upper Limb
Hand	Hand ROM 1 Handstrength 1,2 & 3 Tendon 1
Hip/ Knee	Lower limb stretches1,2 & 3 Lower limb strength 1 & 2 Dynamic Warm up 1 ROM Post op Warm up and warm down Weights
Hydro	Deepwater 1 & 2 Hydro ROM 1 Lower Limb Stretches ROM/strength 1 – 4
Mulligan	Cervical Spine Lumbar Spine Knee Shoulder
Pelvic Floor	Pelvic Floor 1
Post Natal	Post Natal 1
Posture Lifting	Posture Lifting 1 & 2
Shoulder	Shoulder ROM 1 & 2 Shoulder stretch1 Dynamic Stretch 2 Shoulder strength 0 –6 Weights 1
Spine/Trunk	Core stability 1 – 7 Dynamic Stretch 1 Exercise ball 1 –3 Lumbar spine ROM 1 & 2 Neural 1 Thoracic Spine ROM
TMJ	TMJ 1
Work Station	Work Station 1-3

4.3 Therapist Codes

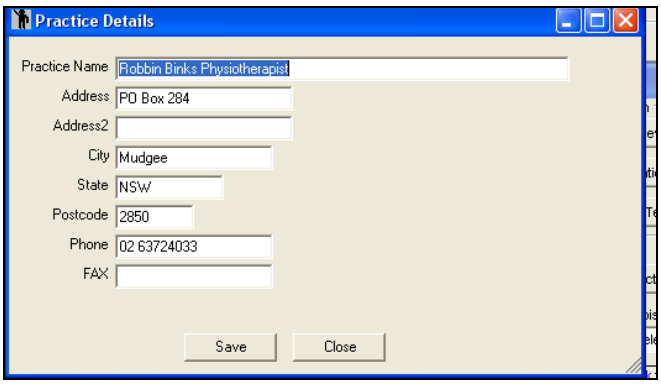
Therapist Codes can be viewed, modified or added by clicking over **Administration** and choosing **Therapist Codes** (see 4.1a).

a. To add a new **Therapist** click over the **Add** button to open a new **Therapist Form.**
b. Click in each dialogue box and type in the new details.
c. Click **Save** and **Close** to keep your new details.



4.4 Practice Details

Click over **Administration** and choose **Practice Details** (see 4.1a)
Type in the address details that you want to appear on the top of your printed exercise sheets.

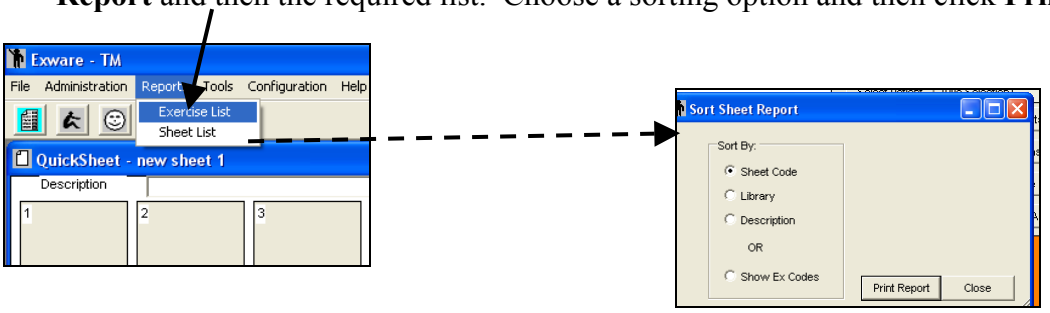


Chapter 5
The Reports, Tools, Configuration and Window Menus

5.1 Reports – Exercise List and Sheet List
5.2 Tools – Picture Viewer, Statistics and Refresh Database
5.3 Configuration – Font, Footer Message, Setup, Paths & Database
5.4 Help – User Manual & About Exware
5.5 Window – Lists and Icons
5.6 Adding your own Logo

5.1 Reports – Exercise List and Sheet List

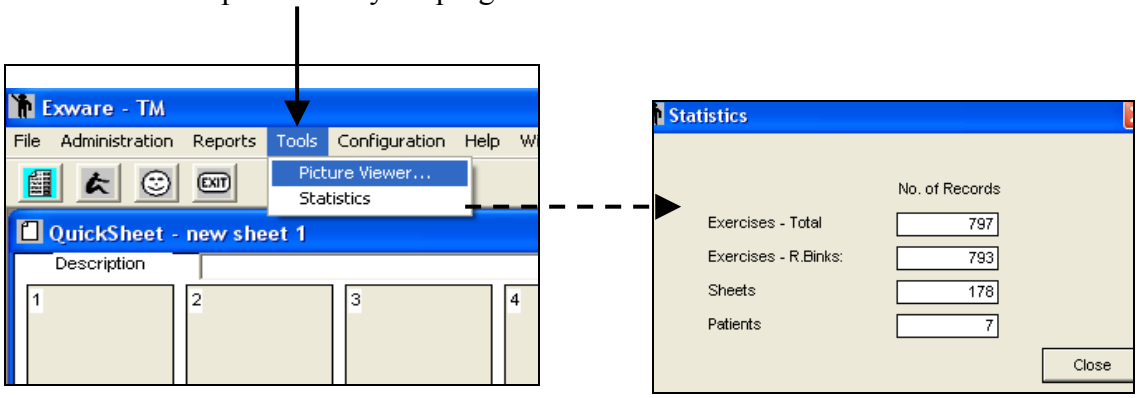
The **Exercise List** and **Sheet List** can be accessed sorted and a report printed by selecting **Report** and then the required list. Choose a sorting option and then click **Print Report**.



5.2 Tools – Picture Viewer, Statistics and Refresh

i. Select **Picture Viewer** from the **Tools** drop down menu if you want to import photos from outside the Exware program. See Chapter 3.5 Importing your own photos for a detailed explanation of this function.

ii. Select **Statistics** from the **Tools** drop down menu to view the total number of exercises, sheets and patients on your program.



iii. Select **Refresh Database** to refresh the database – this is only necessary for networked versions of Exware, to update information added on other computers**.**

5.3 Configuration – Font, Footer Message, Setup, Paths & Database

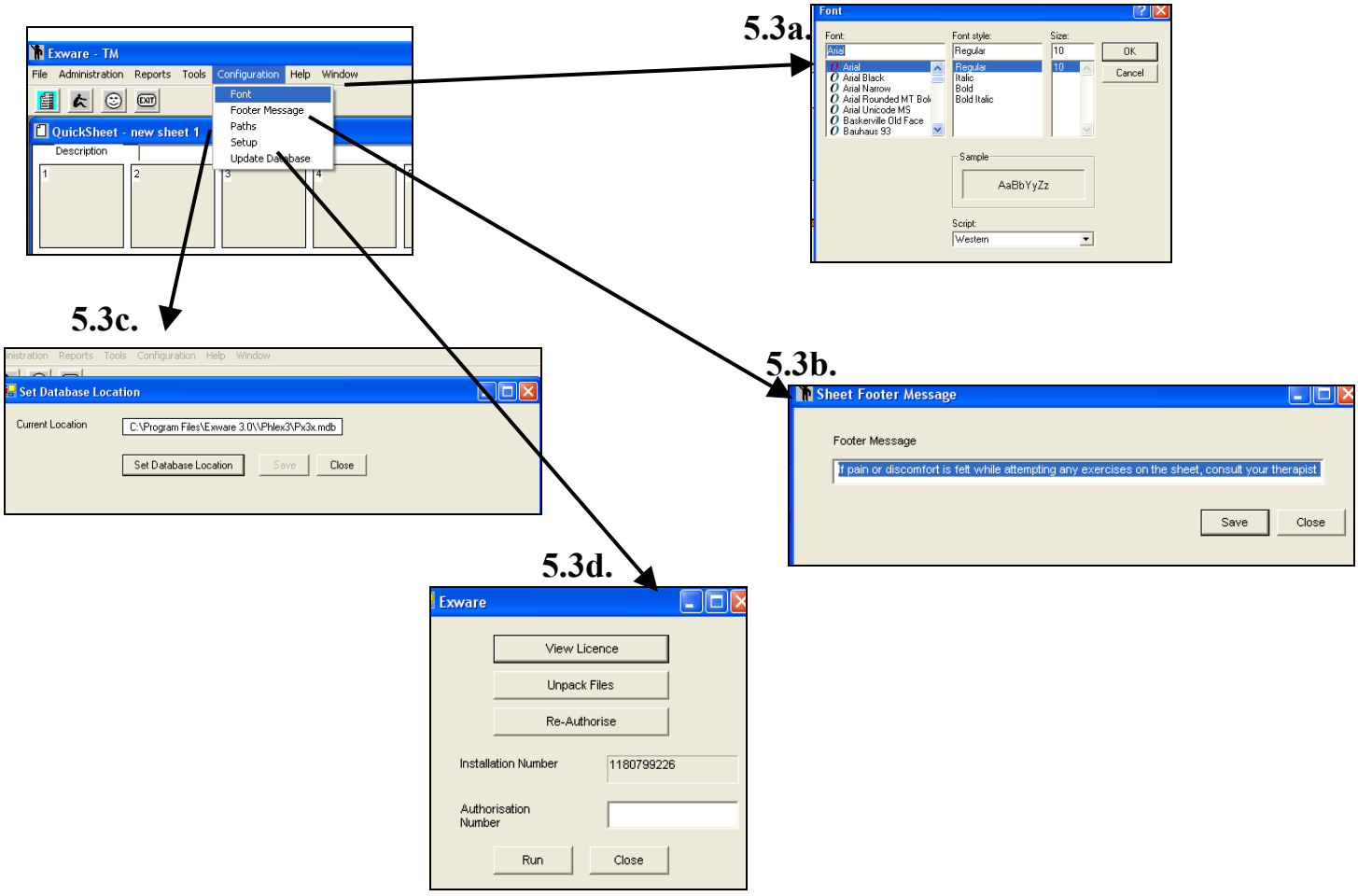
a. Open the **Configuration Menu** and select **Font** to alter font style and size
N.B Some fonts may reduce the number of words available in the **Exercise Instructions**, preview your sheets if you change the font.

b. Open the **Configuration Menu** and select **Footer Message** to open the **Footer Message Screen**. Alter the message that will be displayed on the bottom of your sheets.

c. Open the **Configuration Menu** and select **Paths** to change the database location.

d. Open the **Configuration Menu** and select **Setup** to convert from the Demonstration Version to the Licensed Version of Exware. Contact an Exware representative and quote the Installation Number listed in the dialogue box. Type the Authorisation number you are given into the Authorisation box, click Run, accept the license agreement and close back to the desktop to enable the licensed version to begin operating
N.B. See Chapter 1 for full Exware installation procedures.
The **License** can be viewed at any time in the Setup Screen.

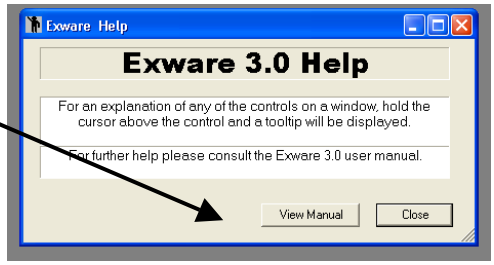
e. Open the **Configuration Menu** and select **Update Database** to do so but only when instructed by an Exware representative.

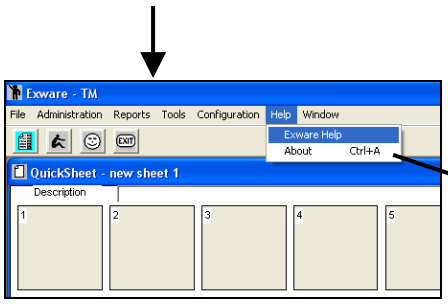


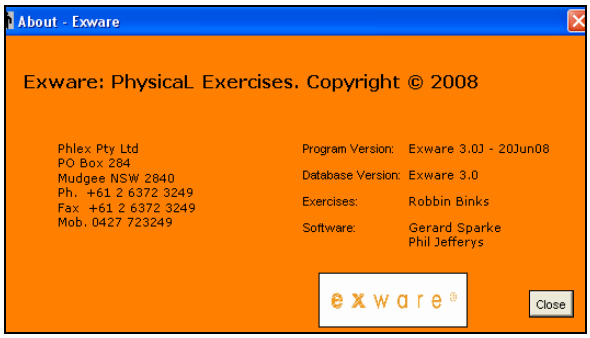
5.4 User Manual and About Exware

a. Open the **Help Menu** choose **Exware Help** and click the **View Manual** button to access the User Manual.

b. Open the **Help Menu** and choose **About** for information about your version of Exware.


Exware Help
Exware 3.0 Help
For an explanation of any of the controls on a window, hold the cursor above the control and a tooltip will be displayed.
For further help please consult the Exware 3.0 user manual.
View Manual
Close





5.5 Window

Open the **Windows Menu** to arrange your lists and icons.

5.6 Adding Your Own Logo

You can add your own logo to the exercise sheet and diary header by placing a picture file (jpeg, bmp or gif) in the Phlex3 folder which is in the Exware 3.0 program folder on your computer's local drive. You must name the file 'myLogo' (it can have an extension of **.bmp**, **.jpg**, or **.gif**, eg, **myLogo.jgp**).

If you accepted the default path at installation then, from **Start**, select **My Computer** then select your **hard disc drive (usually C**) then **Program Files** then **Exware 3.0** and finally **Phlex3** i.e.

C: -> Program Files -> Exware 3.0 -> Phlex3

Please note: Place your logo file in the Phlex3 folder, not the picfiles.jpg folder. It must be named 'myLogo'. It will automatically appear on exercise sheets and diaries when they are displayed and printed.

Chapter 6
How to Network Exware

6.1 Preparing to Network
6.2 Sharing the Exware Folder
6.3 Mapping a Network Drive
6.4 Connecting to the Main Exware Database
6.5 Network Failure

The Exware program can be used as a stand-alone program or it can be networked to other computers. If it is networked, then all all the data regarding sheets and patients resides on the one computer, so that for a given physiotherapy practice, you don't need to maintain multiple copies of the Exware database – any networked computers can use the one set of data.

6.1 Preparing to Network

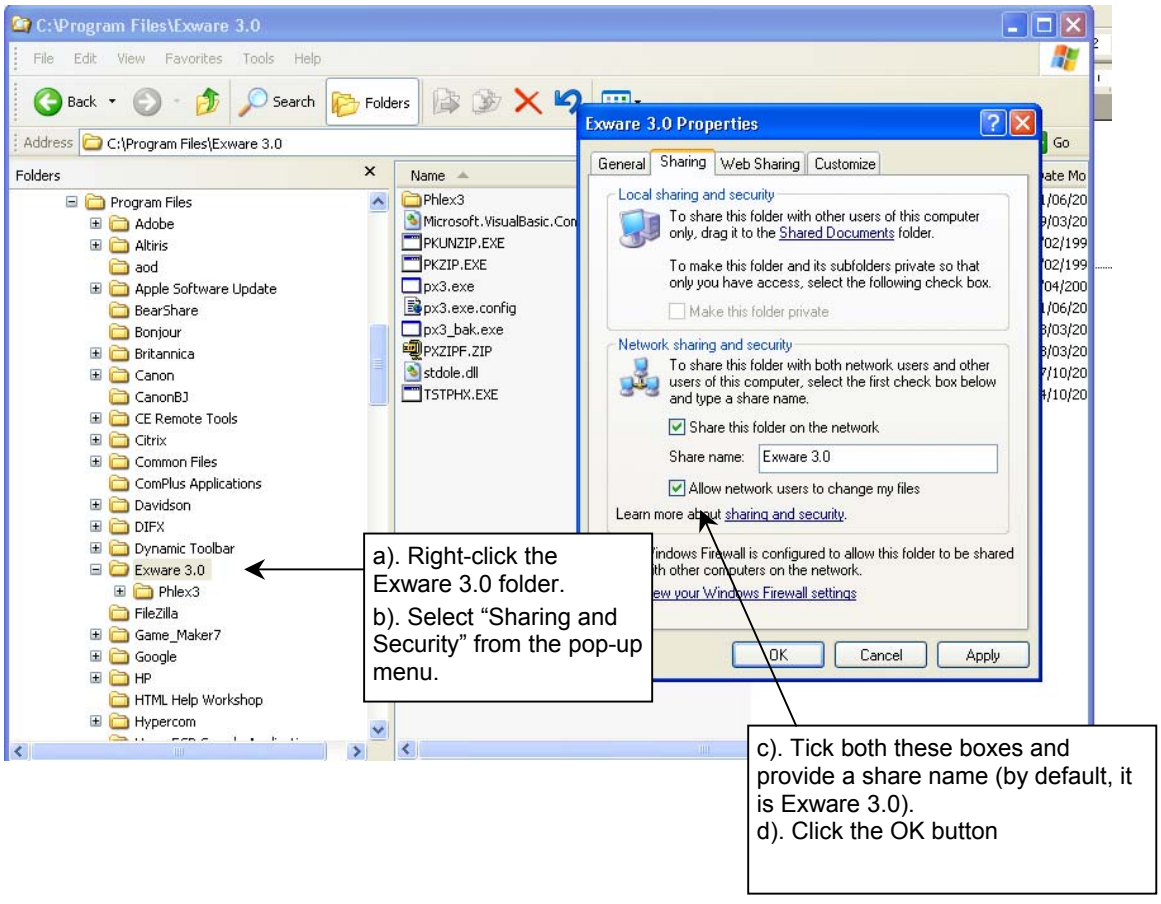
To set up a networked version of Exware, you need to:

1. Choose the main computer, install Exware if you have not already done so, and share the Exware folder (see instructions below).
2. On the secondary (client) computer:
    a. install Exware as you would normally.
    b. map a network drive to the Exware folder on the main computer.
    c. Start Exware, go to the Configuration menu and select the Paths item.

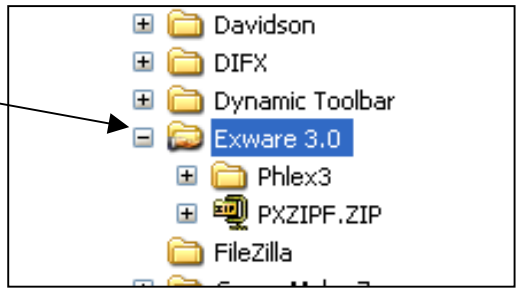
6.2 Sharing the Exware Folder

To share the Exware database with other computers, open up My Computer and navigate to C:\Program Files, then:

(a) Right-click the Exware 3.0 folder.
(b) Select "Sharing and Security from the pop-up menu.
(c) Tick the boxes that say "Share this folder on the network" and "Allow network users to change my files".
(d) Click the OK button, as shown below:


C:\Program Files\Exware 3.0
Exware 3.0 Properties
General
Sharing
Web Sharing
Customize
Local sharing and security
To share this folder with other users of this computer only, drag it to the Shared Documents folder.
To make this folder and its subfolders private so that only you have access, select the following check box.
Make this folder private
Network sharing and security
To share this folder with both network users and other users of this computer, select the first check box below and type a share name.
Share this folder on the network
Share name: Exware 3.0
Allow network users to change my files
Learn more about sharing and security.
OK
Cancel
Apply
a). Right-click the Exware 3.0 folder.
b). Select "Sharing and Security" from the pop-up menu.
c). Tick both these boxes and provide a share name (by default, it is Exware 3.0).
d). Click the OK button

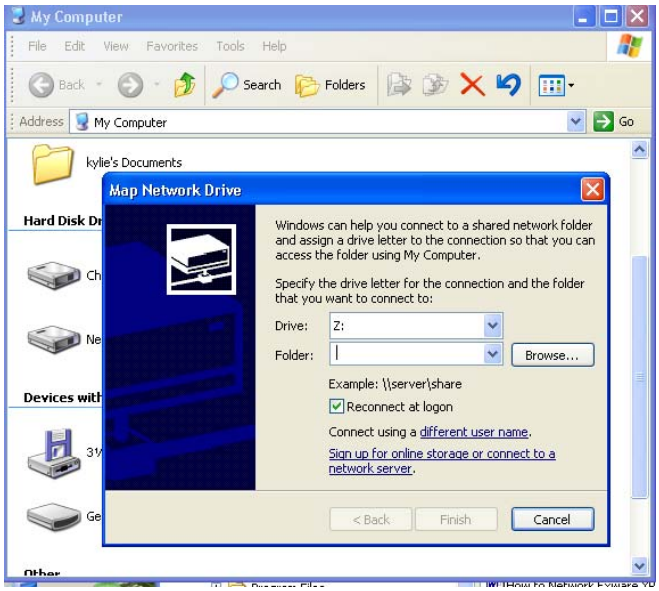
After the folder has been shared, you should notice a hand underneath the Exware folder:



NOTE
You need to have your network set up and configured before the networked version of Exware will operate. Many things can go wrong with networks and it is beyond the scope of duties of the Exware support team to fix problems with your network. You may need to engage the services of a computer technician to ensure your network is operating correctly before calling Exware support.

6.3 Mapping a network Drive

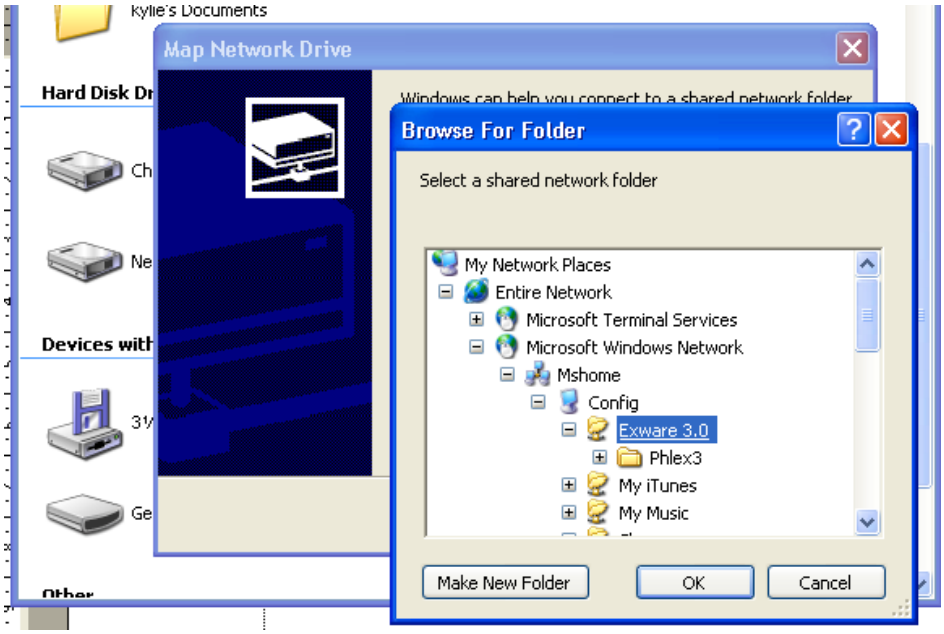
For Windows XP (Vista is almost identical, but the screens will look different), open the Computer item, go to the Tools menu, then select the Map Network Drive item. In this dialog, select a drive letter (here Z is shown, but it doesn't have to be Z).


My Computer
File Edit View Favorites Tools Help
Back Search Folders
Address My Computer
Go
kylie's Documents
Map Network Drive
Windows can help you connect to a shared network folder and assign a drive letter to the connection so that you can access the folder using My Computer.
Specify the drive letter for the connection and the folder that you want to connect to:
Drive: Z:
Folder:
Browse...
Example: \\server\share
Reconnect at logon
Connect using a different user name.
Sign up for online storage or connect to a network server.
< Back
Finish
Cancel

Then click the **Browse** button.

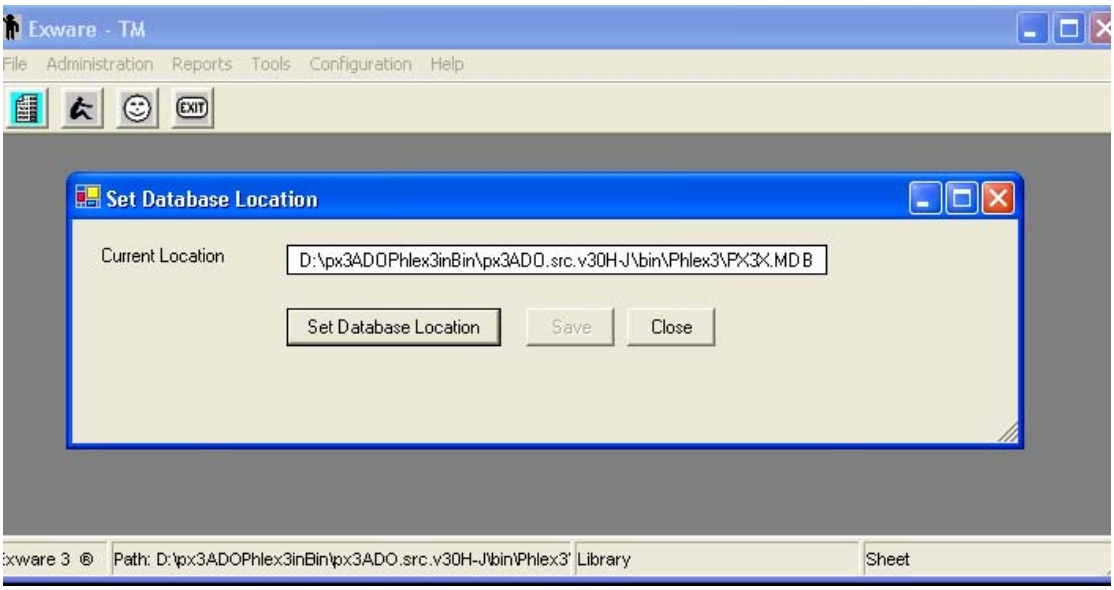
Next, in the **Browse For Folder** dialog, select:

- **Entire Network**, then
- **Microsoft Windows Network**, then
- **MsHome** (this is the name of your WorkGroup, and may have a different name on your computer), then
- **Config** (this is the name of your Computer, and may have a different name on your computer, eg *FrontOffice*), then **Exware 3.0**.
- Then click **OK** to close the dialog, and click **Finish** to close the **Map Network Drive** dialog.

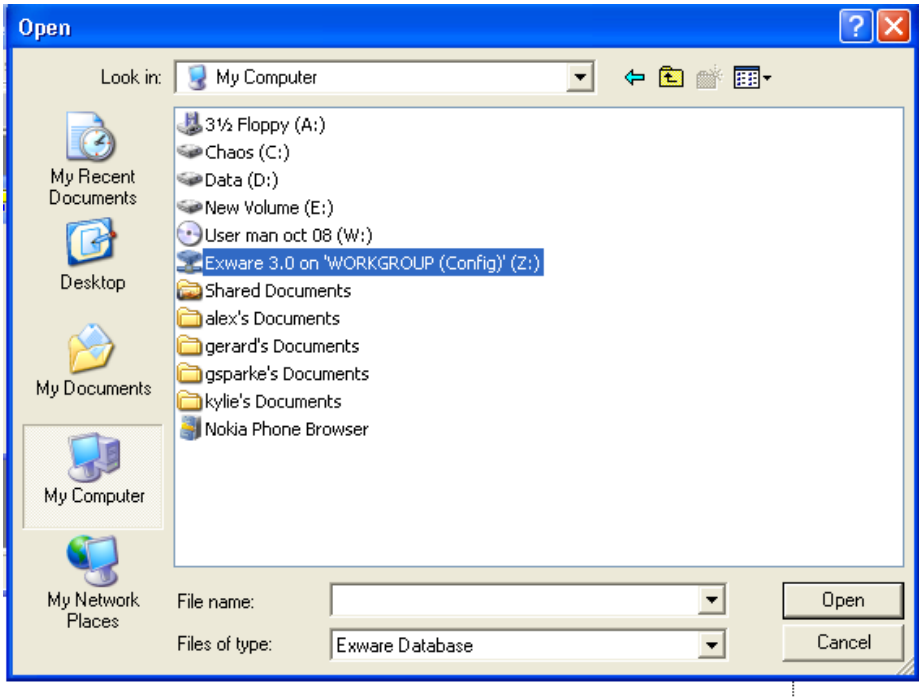


6.4 Connecting to the Main Exware Database

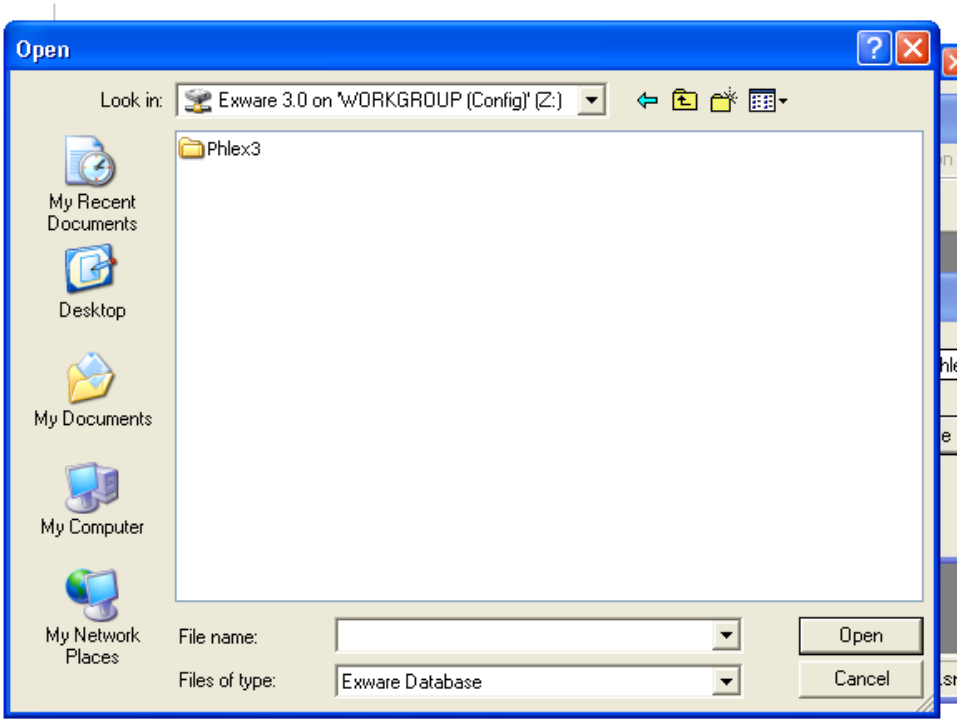
In Exware, go to Configuration Menu, then choose Paths, to display the following dialog:



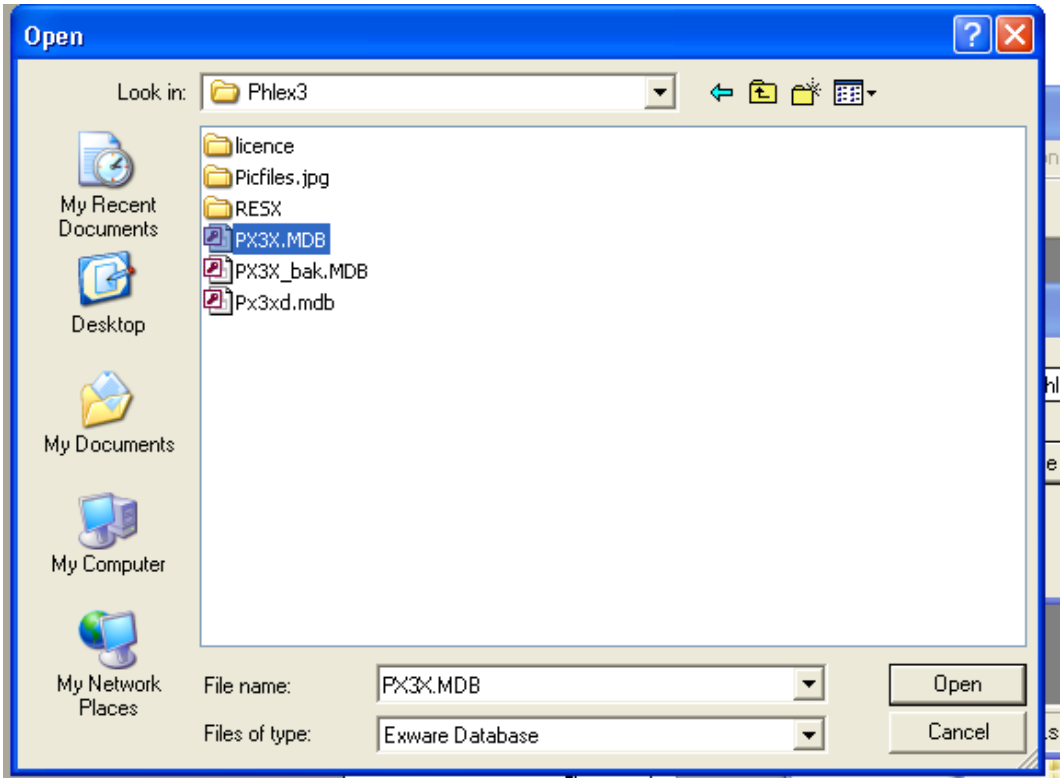
Click the **Set Database Location** button to display the **Open** Dialog. Find the network location of the computer that will be the main Exware computer, and click the **Open** button:



The following screen will be displayed:

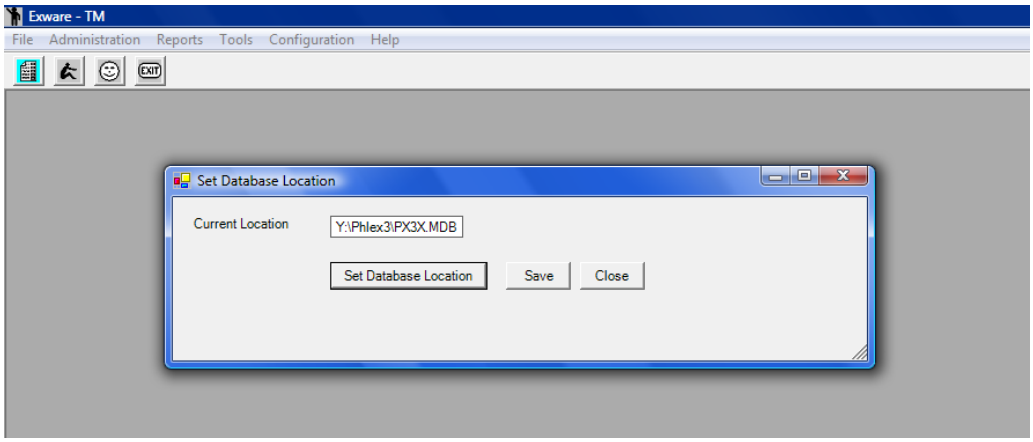


Then double-click the Phlex3 folder and the following screen will be displayed:

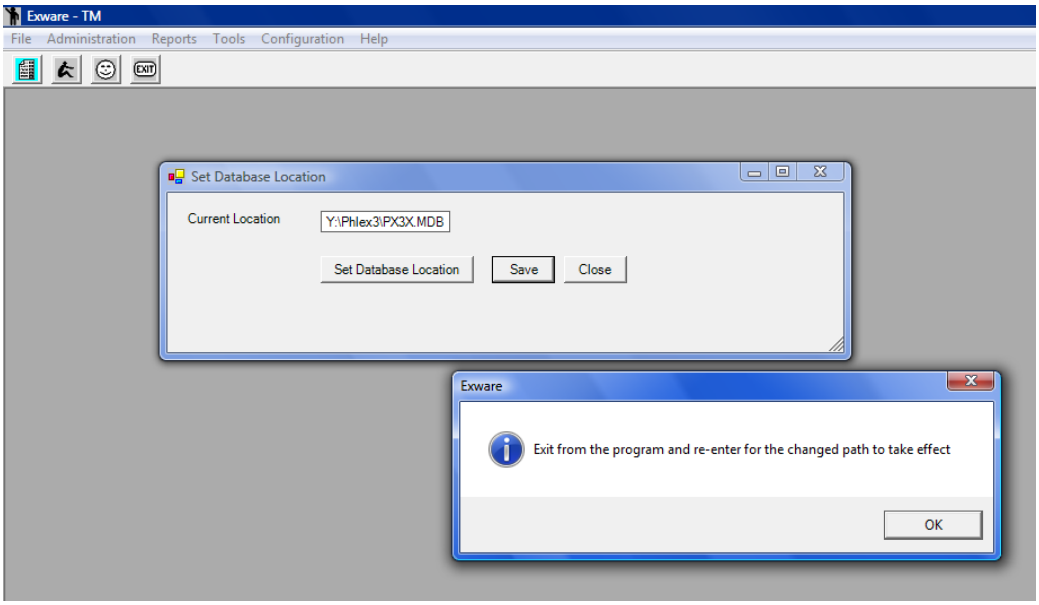


Double-click the PX3X.mdb file (this is the Exware database), and the dialog closes.

Following this, the Current Location should then be set to your network location, as shown below:



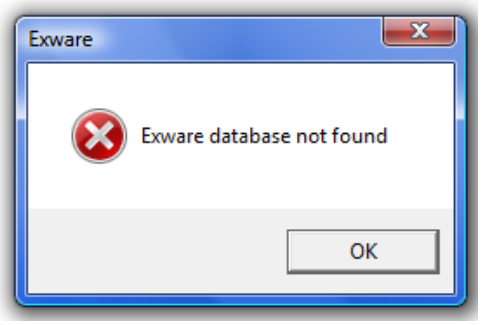
After clicking the **Save** button, you will be asked to quit the program so that the database can be re-configured.



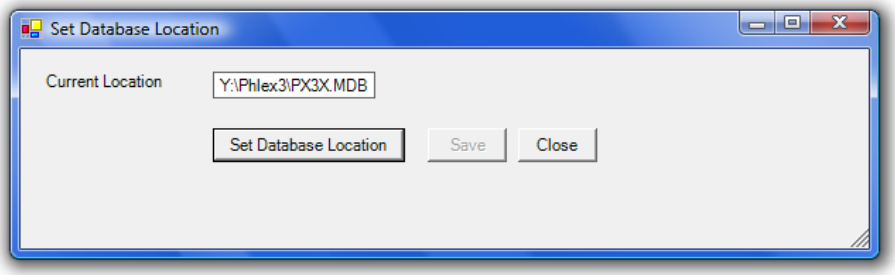
Click the **OK** button to exit from the program. You then need to restart the Exware program.

6.5 Network Failure

If the network is not operating, or for whatever reason the Exware program can't find the database, the following screen is displayed:



The following dialog then allows you to locate the database – the most likely reason for failure is that the network is not operating.



6.6 Backing up Exware

The Exware database can be backed up by locating the file (by using My Computer):

C:\Program Files\Exware 3.0\Phlex3\px3x.mdb

Then copy **px3x.mdb** to a USB device or burning a CD. You may also want to backup any of your own images stored in the **picfiles** folder. You do not need to back up any other files in Exware.

If in any doubt, you may need to consult an IT specialist.

Chapter 7 Exercise List

ANKLE FOOT- STRETCHES AND RANGE OF MOVEMENT

AFFS01	CALF STRETCH: LONG SITTING WITH BANDAGE	FS	ANKLE/FOOT	STRETCH ROM
AFFS02	CALF STRETCH: STANDING AGAINST THE WALL	FS	ANKLE/FOOT	STRETCH ROM
AFFS03	CALF AND TENDO ACHILLES STRETCH: WALL No. 2	FS	ANKLE/FOOT	STRETCH ROM
AFFS04	CALF STRETCH: KNEE BENT AGAINST THE WALL	FS	ANKLE/FOOT	STRETCH ROM
AFFS041	CALF STRETCH: INTERNAL ROTATION AGAINST WALL	FS	ANKLE/FOOT	STRETCH ROM
AFFS05	CALF STRETCH: GASTROC, SOLEUS & ACHILLES LUNGE	FS	ANKLE/FOOT	STRETCH ROM
AFFS06	HAMSTRING & CALF STRETCH: LUNGE IN STANDING	FS	ANKLE/FOOT	STRETCH ROM
AFFS07	CALF STRETCH: STANDING ON A STEP, KNEE STRAIGHT	FS	ANKLE/FOOT	STRETCH ROM
AFFS07I	CALF STRETCH-STANDING ON STEP, KNEE BENT	FS	ANKLE/FOOT	STRETCH ROM
AFFS09	PERONEI STRETCH: CROSS LEGGED SITTING	FS	ANKLE/FOOT	STRETCH ROM
AFFS10	ANTERIOR ANKLE STRETCH: IN KNEELING	FS	ANKLE/FOOT	STRETCH ROM
AFFS13	POSTERIOR STRUCTURE STRETCH: PLOUGH	FS	ANKLE/FOOT	STRETCH ROM
AFFS14	SOLEUS STRETCH: CROUCH KNEELING	FS	ANKLE/FOOT	STRETCH ROM
AFFS15	DYNAMIC WARM UP: DORSIFLEXION/PLANTARFLEXION	FS	ANKLE/FOOT	STRETCH ROM
AFFS16	DYNAMIC WARM UP: TOE WALKING	FS	ANKLE/FOOT	STRETCH ROM
AFFS17	DYNAMIC WARM UP: WALKING ON HEELS	FS	ANKLE/FOOT	STRETCH ROM
AFFS18	DYNAMIC WARM UP: SPORTS SPECIFIC	FS	ANKLE/FOOT	STRETCH ROM
AFGN01	ANKLE RANGE OF MOVEMENT & MOBILITY: LONG SIT.	FS	ANKLE/FOOT	STRETCH ROM
AFGN02	ANKLE RANGE: DORSIFLEXION AND PLANTARFLEXION	FS	ANKLE/FOOT	STRETCH ROM
AFGN04	ARCH OF FEET STRETCH: OVER A ROUND OBJECT	FS	ANKLE/FOOT	STRETCH ROM

ANKLE FOOT-STRENGTHENING

AFSG02	EVERSION: ISOMETRIC - AGAINST WALL	SG	ANKLE/FOOT	STRENGTH GEN
AFSG03	EVERSION: WITH EXERCISE TUBING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG04	PLANTARFLEXION: WITH EXERCISE TUBING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG041	PLANTARFLEXION: WITH DEMI POINTE & POINTE	SG	ANKEL/FOOT	STRENGTH GEN
AFSG05	DORSIFLEXION: WITH EXERCISE TUBING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG051	PLANTAR FLEXION: EVERSION & INVERSION WITH BAND	SG	ANKLE/FOOT	STRENGTH GEN
AFSG06	INVERSION: WITH EXERCISE TUBING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG061	HEEL AND TOE RAISES: IN SITTING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG062	HEEL AND TOE RAISES: IN STANDING AT CHAIR	SG	ANKLE/FOOT	STRENGTH GEN
AFSG07	CALF: TOE RAISES	SG	ANKLE/FOOT	STRENGTH GEN
AFSG071	TOE RAISE BILATERAL RAISE UNILATERAL LOWER	SG	ANKLE/FOOT	STRENGTH GEN
AFSG08	CALF: WALKING ON TOES	SG	ANKLE/FOOT	STRENGTH GEN
AFSG081	EXTENSORS: WALKING ON HEELS	SG	ANKLE/FOOT	STRENGTH GEN
AFSG09	SUPINATOR: STRENGTHENING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG10	FOOT SUPINATION AND PRONATION IN STANDING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG11	TIBIALIS POSTERIOR: STRENGTHENING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG12	HALLUX VALGUS: STRENGTHENING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG13	FIRST RAY: PRESS TO FLOOR MAINTAINING ARCH	SG	ANKLE/FOOT	STRENGTH GEN
AFSG14	FOOT: INTRINSIC STRENGTHENING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG141	ARCH AND CALF: HEEL RAISES ON RAMP	SG	ANKLE/FOOT	STRENGTH GEN
AFSG142	INVERSION AND ARCH: RAMP	SG	ANKLE/FOOT	STRENGTH GEN
AFSG15	FOOT SUPINATION & PRONATION: SWORD EXERCISE	SP	ANKLE/FOOT	STRENGTH GEN
AFSG16	SINGLE FOOT BALANCE: FOOT FLAT	SP	ANKLE/FOOT	STRENGTH GEN
AFSG17	SINGLE FOOT BALANCE: LUNGE	SP	ANKLE/FOOT	STRENGTH GEN
AFSG18	SINGLE FOOT BALANCE: HEEL RAISE	SP	ANKLE/FOOT	STRENGTH GEN
AFSG181	CALF: ECCENTRIC LOWERING ON STEP	SP	ANKLE/FOOT	STRENGTH GEN
AFSG19	SINGLE FOOT BALANCE: LUNGE AND TOE RAISE	SP	ANKLE/FOOT	STRENGTH GEN
AFSG20	BALANCE & PROPRIOCEPTION: WOBBLE BOARD	SP	ANKLE/FOOT	STRENGTH GEN
AFSG201	STRENGTH & PROPRIOCEPTION: BALANCE DISC	SG	ANKLE/FOOT	STRENGTH GEN
AFSG21	LOWER LIMB STRENGTH & PROPRIOCEPTION: WALKING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG22	LOWER LIMB STRENGTH & PROPRIOCEPTION: RUNNING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG23	LOWER LIMB STRENGTH & PROPRIOCEPTION:TRAMP	SG	ANKLE/FOOT	STRENGTH GEN
AFSG24	LOWER LIMB STRENGTH AND PROPRIOCEPTION: BIKE	SG	ANKLE/FOOT	STRENGTH GEN
AFSG25	LOWER LIMB STRENGTH & PROPRIOCEPTION: SKIPPING	SG	ANKLE/FOOT	STRENGTH GEN
AFSG26	LOWER LIMB STRENGTH AND PROPRIOCEPTION: JUMP	SG	ANKLE/FOOT	STRENGTH GEN

CERVICAL SPINE-STRETCHES, RANGE OF MOVEMENT, MULLIGAN AND PAIN RELIEF

CSFS01	LAT. FLEXION/UPPER TRAPS STRETCH: SIT/STAND	FS	CERVICAL SP	STRETCH ROM
CSFS02	LAT FLEXION TRAPS STRETCH: ARM FIXED	FS	CERVICAL SP	STRETCH ROM
CSFS03	LAT. FLEXION/TRAPS STRETCH: WITH NOD	FS	CERVICAL SP	STRETCH ROM
CSFS04	TRAPS/ LEV SCAP STRETCH: ROTATION AWAY	FS	CERVICAL SP	STRETCH ROM
CSFS05	UPPER CERVICAL NOD: WITH OVERPRESSURE	FS	CERVICAL SP	STRETCH ROM
CSFS06	SCM & TRAP STRETCH: ROTATION TOWARDS FIXED ARM	FS	CERVICAL SP	STRETCH ROM
CSFS07	UPPER CS ROTATION: HEADACHE RELIEF	FS	CERVICAL SP	STRETCH ROM
CSFSO8	LEVATOR SCAP STRETCH: ARM BEHIND HEAD	FS	CERVICAL SP	STRETCH ROM
CSGN01	NECK: RANGE OF MOVEMENT	FS	CERVICAL SP	STRETCH ROM
CSGN02	CERVICAL RETRACTION: SUPINE	FS	CERVICAL SP	STRETCH ROM
CSGN03	CERVICAL RETRACTION: UPRIGHT	FS	CERVICAL SP	STRETCH ROM
CSGN04	CERVICAL EXTENSION: SUPINE	FS	CERVICAL SP	STRETCH ROM
CSGN05	CERVICAL EXTENSION: UPRIGHT	FS	CERVICAL SP	STRETCH ROM
CSGN06	CERVICAL SIDE FLEXION: SITTING OR STANDING	FS	CERVICAL SP	STRETCH ROM
CSGN07	CERVICAL ROTATION: SITTING OR STANDING	FS	CERVICAL SP	STRETCH ROM
CSGN08	CERVICAL FLEXION: WITH OVERPRESSURE	FS	CERVICAL SP	STRETCH ROM
CSGN09	CERVICAL SELF MOB: ROTATION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
CSGN10	CERVICAL SELF MOB: SIDE FLEXION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
CSGN11	CERVICAL SELF MOB: EXTENSION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
CSGN12	UPPER CS HEADACHE SELF MOB: ROTATION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
CSGN13	UPPER CS HEADACHE SELF MOB: ANT GLIDE WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
CSGN14	UPPER CERVICAL SELF MOB: FIST TRACTION	FS	MULLIGAN	MULLIG-STRAP

CERVICAL SPINE- NEURAL

CSNE01	UPPER LIMB TENSION EXERCISE: ULNAR, HANDS ON HIP	NE	CERVICAL SP	NEURAL
CSNE011	UPPER LIMB TENSION EXERCISE: ULNAR HAND BY EAR	NE	CERVICAL SP	NEURAL
CSNE02	UPPER LIMB TENSION EXERCISE: ULNAR, BIGGLES	NE	CERVICAL SP	NEURAL
CSNE03	UPPER LIMB TENSION EXERCISE: SUPINE MEDIAN	NE	CERVICAL SP	NEURAL
CSNE04	UPPER LIMB TENSION EXERCISE: MEDIAN STOP SIGN	NE	CERVICAL SP	NEURAL
CSNE05	UPPER LIMB TENSION EXERCISE: RADIAL	NE	CERVICAL SP	NEURAL
CSNE06	UPPER LIMB TENSION EXERCISE: MEDIAN ARM BY SIDE	NE	CERVICAL SP	NEURAL
CSNE08	UPPER LIMB TENSION EXERCISE: MEDIAN AGAINST WALL	NE	CERVICAL SP	NEURAL

CERVICAL SPINE-STRENGTH

CSSG01	CERVICAL FLEXION: ISOMETRIC	SG	CERVICAL SP	STRENGTH GEN
CSSG011	CERVICAL FLEXION: ISOMETRIC THUMBS UNDER CHIN	SG	CERVICAL SP	STRENGTH GEN
CSSG02	CERVICAL EXTENSION: ISOMETRIC	SG	CERVICAL SP	STRENGTH GEN
CSSG03	CERVICAL ROTATION & LATERAL FLEXION: ISOMETRIC	SG	CERVICAL SP	STRENGTH GEN
CSSG04	CERVICAL LF, ROTATION & FLEXION: ISOMETRIC	SG	CERVICAL SP	STRENGTH GEN
CSSG05	UPPER CERVICAL NOD: SUPINE	SG	CERVICAL SP	STRENGTH GEN
CSSG06	UPPER CERVICAL NOD: STANDING	SG	CERVICAL SP	STRENGTH GEN
CSSG07	CERVICAL NOD: WITH STABILISATION AT EACH LEVEL	SG	CERVICAL SP	STRENGTH GEN

ELBOW WRIST AND HAND-STRETCHES

EHFS01	WRIST EXTENSOR STRETCH: ELBOW STRAIGHT	FS	ELBOW WR HD	STRETCH ROM
EHFS02	WRIST EXTENSOR STRETCH: ELBOW F TO E	FS	ELBOW WR HD	STRETCH ROM
EHFS03	WRIST EXTENSOR STRETCH: BESIDE A BENCH	FS	ELBOW WR HD	STRETCH ROM
EHFS04	WRIST EXTENSOR STRETCH: HANDS CROSSED	FS	ELBOW WR HD	STRETCH ROM
EHFS05	WRIST EXTENSOR STRETCH: IN SUPINATION	FS	ELBOW WR HD	STRETCH ROM
EHFS06	WRIST FLEXOR STRETCH: UPRIGHT	FS	ELBOW WR HD	STRETCH ROM
EHFS07	WRIST FLEXOR STRETCH: PRAYER EXERCISE	FS	ELBOW WR HD	STRETCH ROM
EHFS08	WRIST FLEXOR STRETCH: ON BENCH INTO ELBOW E.	FS	ELBOW WR HD	STRETCH ROM
EHFS09	WRIST FLEXOR STRETCH: IN KNEELING	FS	ELBOW WR HD	STRETCH ROM
EHFS10	WRIST FLEXOR STRETCH: LEANING ON BENCH	FS	ELBOW WR HD	STRETCH ROM
EHFS101	WRIST FLEXOR & EXTENSOR STRETCH: WRINGING	FS	ELBOW WR HD	STRETCH ROM
EHFS11	THUMB WEB STRETCH: PRAYER POSITION	FS	ELBOW WR HD	STRETCH ROM
EHFS12	FINGER ABDUCTION/ADDUCTION: PRAYER POSITION	FS	ELBOW WR HD	STRETCH ROM
EHFS13	THUMB WEB STRETCH: OVERPRESSURE OTHER THUMB	FS	ELBOW WR HD	STRETCH ROM
EHFS14	THUMB WEB STRETCH: TABLE SLIDE	FS	ELBOW WR HD	STRETCH ROM
EHFS15	THUMB STRETCH: DE QUERVAIN'S	FS	ELBOW WR HD	STRETCH ROM
EHFS16	ELBOW EXTENSION: WITH OVERPRESSURE	FS	ELBOW WR HD	STRETCH ROM

ELBOW WRIST AND HAND -STRENGTH

EHSG01	THUMB & FINGER EXTENSION: PALM RESTING FLAT	SG	ELBOW WR HD	STRENGTH GEN
EHSG011	FINGER CO ORDINATION: DRUMMING	SG	ELBOW WR HD	STRENGTH GEN
EHSG02	INTRINSIC EXTENSION: IP EXTENSION WITH MCP FLEX	SG	ELBOW WR HD	STRENGTH GEN
EHSG03	INTRINSIC FLEXION: WITH MCP EXTENSION	SG	ELBOW WR HD	STRENGTH GEN
EHSG031	TENDON GLIDE: CLAW WITH WRIST FLEX & EXTENSION	GN	ELBOW WR HD	STRENGTH GEN
EHSG032	TENDON GLIDE: FINGER EXTENSION, WRIST F & E	GN	ELBOW WR HD	STRENGTH GEN
EHSG033	TENDON GLIDE: FULL FINGER MOVEMENTS	GN	ELBOW WR HD	STRENGTH GEN
EHSG034	TENDON GLIDE: FINGER FLEXION AND EXTENSION	SG	ELBOW WR HD	STRENGTH GEN
EHSG035	TENDON GLIDE: BLOCKING PIP	SG	ELBOW WR HD	STRENGTH GEN
EHSG036	TENDON GLIDE: BLOCKING DIP	SG	ELBOW WR HD	STRENGTH GEN
EHSG04	OPPOSITION: PEG SQUEEZE	SG	ELBOW WR HD	STRENGTH GEN
EHSG05	OPPOSITION: FINGERTIP SQUEEZE	SG	ELBOW WR HD	STRENGTH GEN
EHSG06	OPPOSITION: THUMB TO FINGER BASE	GN	ELBOW WR HD	STRENGTH GEN
EHSG07	THUMB EXTENSION: WITH EXERCISE BAND	SG	ELBOW WR HD	STRENGTH GEN
EHSG08	GRIP: OBJECT SQUEEZE	SG	ELBOW WR HD	STRENGTH GEN
EHSG09	OPPOSITION: OK SIGN	SG	ELBOW WR HD	STRENGTH GEN
EHSG091	TENDON GLIDE: MCP FLEXION /EXTENSION	SG	ELBOW WR HD	STRENGTH GEN
EHSG10	OPPOSITION: THUMB SLIDE	SG	ELBOW WR HD	STRENGTH GEN
EHSG101	RADIAL DEVIATION: WITH CUP ON BENCH	SG	ELBOW WR HD	STRENGTH GEN
EHSG102	THUMB ABD/ADD HOLD AND RELEASE A CUP	SG	ELBOW WR HD	STRENGTH GEN
EHSG103	WRIST EXTENSION: HOLDING A CUP ON A BENCH	SG	ELBOW WR HD	STRENGTH GEN
EHSG104	WRIST EXTENSION: SLIDING HAND BACK TO TOUCH CUP	SG	ELBOW WR HD	STRENGTH GEN
EHSG105	FINE MOTOR CONTROL PLACING OBJECTS IN A CUP	SG	ELBOW WR HD	STRENGTH GEN
EHSG11	ELBOW FLEXION & EXTENSION: HAND SUPINATED	SG	ELBOW WR HD	STRENGTH GEN
EHSG12	ELBOW FLEXION & EXTENSION: IN PRONATION	SG	ELBOW WR HD	STRENGTH GEN
EHSG13	ELBOW FLEXION & EXTENSION: SUPINATION & PRON.	SG	ELBOW WR HD	STRENGTH GEN
EHSG14	ELBOW PAIN RELIEF: PRONE PENDULAR ROCK	GN	ELBOW WR HD	STRENGTH GEN
EHSG15	ELBOW EXTENSION STRENGTH: PRONE	SG	ELBOW WR HD	STRENGTH GEN
EHSG151	ELBOW FLEXION & EXTENSION: SHOULDERS AT 90 FLEX	SG	ELBOW WR HD	STRENGTH GEN
EHSG152	ELBOW FLEXION & EXTENSION: SHOULDERS AT 90 ABD	SG	ELBOW WR HD	STRENGTH GEN
EHSG16	WRIST EXTENSION STRENGTH: OVER TABLE PALM DOWN	SG	ELBOW WR HD	STRENGTH GEN
EHSG17	WRIST FLEXION STRENGTH: OVER TABLE PALM UP	SG	ELBOW WR HD	STRENGTH GEN
EHSG18	WRIST RD/UD ROM AND STRENGTH OVER TABLE	SG	ELBOW WR HD	STRENGTH GEN
EHSG19	WRIST SUP/PRON: STRENGTH AND ROM OVER TABLE	SG	ELBOW WR HD	STRENGTH GEN
EHSG191	WRIST RD/UD PALM SIDEWAYS OVER BENCH EDGE	SG	ELBOW WR HD	STRENGTH GEN
EHSG20	SUPINATION/PRONATION: ELBOWS AT 90 DEG BY SIDE	SG	ELBOW WR HD	STRENGTH GEN

HIP AND KNEE-STRETCHES,MULLIGAN AND RANGE OF MOVEMENT

HKFS01	HIP AND KNEE: SUPINE FLEXION AND EXTENSION	SG	HIP KNEE	STRETCH ROM
HKFS012	KNEE FLEXION/EXTENSION: KNEE SLIDES IN SITTING	SG	HIP KNEE	STRETCH ROM
HKFS013	KNEE: FLEXION AND EXTENSION SIDE LYING	FS	HIP KNEE	STRETCH ROM
HKFS014	QUADS AND HIP FLEXOR STRETCH: PRONE	FS	HIP KNEE	STRETCH ROM
HKFS015	HIP FLEXION STRETCH: LYING PRONE	FS	HIP KNEE	STRETCH ROM
HKFS02	QUADS & HIP FLEXOR STRETCH: STANDING	FS	HIP KNEE	STRETCH ROM
HKFS03	QUADS AND HIP FLEXOR STRETCH: KNEELING	FS	HIP KNEE	STRETCH ROM
HKFS04	QUADS & HIP FLEXOR STRETCH: ON CHAIR	FS	HIP KNEE	STRETCH ROM
HKFS05	QUADS & HIP FLEXOR STRETCH: OVER BEDSIDE	FS	HIP KNEE	STRETCH ROM
HKFS051	KNEE FLEXION: STRETCH ON STEP IN STANDING	FS	HIP KNEE	STRETCH ROM
HKFS06	QUADS & HIP FLEXOR STRETCH: STANDING LUNGE	FS	HIP KNEE	STRETCH ROM
HKFS061	HIP FLEXOR STRETCH: SUPINE OVER BEDSIDE	FS	HIP KNEE	STRETCH ROM
HKFS07	QUADS AND HIP F STRETCH: THOMAS OVER BED END	FS	HIP KNEE	STRETCH ROM
HKFS071	HAMSTRING STRETCH: KNEELING WITH CORE STAB.	FS	HIP KNEE	STRETCH ROM
HKFS072	HAMSTRING STRETCH: SUPINE WITH A TOWEL	FS	HIP KNEE	STRETCH ROM
HKFS08	HAMSTRINGS STRETCH: SUPINE	FS	HIP KNEE	STRETCH ROM
HKFS09	HAMSTRING & SOLEUS STRETCH: STANDING	FS	HIP KNEE	STRETCH ROM
HKFS091	HAMSTRING STRETCH: STANDING LEG ON STOOL	FS	HIP KNEE	STRETCH ROM
HKFS10	POSTERIOR STRUCTURE STRETCH: STANDING AT TABLE	FS	HIP KNEE	STRETCH ROM
HKFS101	SINGLE HAMSTRING STRETCH: LONG SITTING	FS	HIP KNEE	STRETCH ROM
HKFS11	HAMSTRING STRETCH: LONG SITTING	FS	HIP KNEE	STRETCH ROM
HKFS12	HAMSTRING & ADDUCTOR STRETCH: LONG SITTING	FS	HIP KNEE	STRETCH ROM
HKFS13	HAMSTRING STRETCH: SITTING WITH LORDOSIS	FS	HIP KNEE	STRETCH ROM
HKFS15	HAMSTRING STRETCH: LONG SITTING	FS	HIP KNEE	STRETCH ROM
HKFS151	HAMSTRING STRETCH: SITTING LEG ON CHAIR	FS	HIP KNEE	STRETCH ROM
HKFS16	UPPER HAMSTRING STRETCH: SUPINE LEG CROSSED	FS	HIP KNEE	STRETCH ROM

HKFS17	BUTTOCK AND LOW BACK STRETCH: SUPINE KNEE HUG	FS	HIP KNEE	STRETCH ROM
HKFS171	BUTTOCK AND LOW BACK STRETCH STANDING KNEE HUG	FS	HIP KNEE	STRETCH ROM
HKFS172	GLUT,HAM, HIP FLEXOR STRETCH: FOOT HIGH ON BENCH	FS	HIP KNEE	STRETCH ROM
HKFS173	ADDUCTOR STRETCH: SITTING	FS	HIP KNEE	STRETCH ROM
HKFS18	ADDUCTOR STRETCH: STANDING	FS	HIP KNEE	STRETCH ROM
HKFS19	HIP: INTERNAL ROTATION & CAPSULE STRETCH	FS	HIP KNEE	STRETCH ROM
HKFS20	ADDUCTOR STRETCH: STANDING IN SQUAT POSITION	FS	HIP KNEE	STRETCH ROM
HKFS21	TFL & ITB STRETCH: STANDING & HOLDING DOORWAY	FS	HIP KNEE	STRETCH ROM
HKFS22	TFL STRETCH: KNEELING	FS	HIP KNEE	STRETCH ROM
HKFS23	TFL STRETCH: STANDING	FS	HIP KNEE	STRETCH ROM
HKFS231	TFL STRETCH: SIDE LYING	FS	HIP KNEE	STRETCH ROM
HKFS24	GLUT & LATERAL HIP STRETCH: LONG SITTING	FS	HIP KNEE	STRETCH ROM
HKFS25	HIP: EXTERNAL ROTATOR STRETCH	FS	HIP KNEE	STRETCH ROM
HKFS251	HIP: IR STRETCH IN PRONE	FS	HIP KNEE	STRETCH ROM
HKFS26	GLUT MED & TFL STRETCH: 4 POINT KNEELING	FS	HIP KNEE	STRETCH ROM
HKFS29	HIP: CAPSULE & IR STRETCH	FS	HIP KNEE	STRETCH ROM
HKFS291	HIP CAPSULE STRETCH: KNEE TO THE SIDE	FS	HIP KNEE	STRETCH ROM
HKFS30	HIP CAPSULE STRETCH: PRONE IN FIG OF 4	FS	HIP KNEE	STRETCH ROM
HKFS301	SIDE LYING: ABDUCTOR STRETCH AND STRENGTH 1	FS	HIP KNEE	STRETCH ROM
HKFS31	KNEE FLEXION SELF MOB: WEIGHT BEARING WITH IR	FS	MULLIGAN	MULLIG-STRAP
HKFS32	KNEE FLEXION SELF MOB: WITH TREATMENT STRAP	FS	MULLIGAN	MULLIG-STRAP
HKFS33	DYNAMIC WARM UP: KICKING ACTION	FS	HIP KNEE	STRETCH ROM
HKFS331	DYNAMIC WARM UP: LEG SWINGS BACK AND FORTH	FS	HIP KNEE	STRETCH ROM
HKFS332	DYNAMIC WARM UP:LEG SWINGS ABD –ADD	FS	HIP KNEE	STRETCH ROM
HKFS34	DYNAMIC WARM UP: BOTTOM KICKS	FS	HIP KNEE	STRETCH ROM
HKFS35	DYNAMIC WARM UP: RUNNING ACTION	FS	HIP KNEE	STRETCH ROM
HKFS36	DYNAMIC WARM UP: HIGH KNEE LIFTS	FS	HIP KNEE	STRETCH ROM
HKFS38	DYNAMIC WARM UP: LUNGE	FS	HIP KNEE	STRETCH ROM
HKFS41	DYNAMIC WARM UP: RUNNING AGAINST WALL	FS	HIP KNEE	STRETCH ROM
HKFS42	DYNAMIC WARM UP: SPORTS SPECIFIC	FS	HIP KNEE	STRETCH ROM
HKFS42	DYNAMIC WARM UP: SPORTS SPECIFIC	FS	HIP KNEE	STRETCH ROM
HKFS44	DYNAMIC WARM UP: JUMP SIDE TO SIDE	FS	HIP KNEE	STRETCH ROM
HKFS45	DYNAMIC WARM UP: JUMPING WITH TWIST	FS	HIP KNEE	STRETCH ROM

HIP AND KNEE-STRENGTHENING

HKSG01	QUADS: STATIC-SITTING OR LYING	SG	HIP KNEE	STRENGTH GEN
HKSG02	THIGH: STRAIGHT LEG RAISE SITTING OR SUPINE	SG	HIP KNEE	STRENGTH GEN
HKSG021	THIGH: SLR WITH ELBOWS PROPPED	SG	HIP KNEE	STRENGTH GEN
HKSG03	QUADS EXTENSION: OVER A ROLLED TOWEL	SG	HIP KNEE	STRENGTH GEN
HKSG04	THIGH: DYNAMIC CO-CONTRACTION OVER ROLL	SG	HIP KNEE	STRENGTH GEN
HKSG07	THIGH: STATIC CO- CONTRACTION OVER ROLL	SG	HIP KNEE	STRENGTH GEN
HKSG071	QUADS: KNEE EXTENSION IN SITTING	SG	HIP KNEE	STRENGTH GEN
HKSG072	THIGH: STANDING HIP FLEX WITH KNEE EXT AT CHAIR	SG	HIP KNEE	STRENGTH GEN
HKSG08	THIGH: STATIC CO-CONTRACTION IN STANDING	SG	HIP KNEE	STRENGTH GEN
HKSG081	JENNY McCONNELL: LUNGE	MC	HIP KNEE	STRENGTH GEN
HKSG082	THIGH: DYNAMIC CO- CONTRACTION IN A LUNGE	SG	HIP KNEE	STRENGTH GEN
HKSG10	THIGH: LUNGE WITH VARIATIONS- STEP INTO	SG	HIP KNEE	STRENGTH GEN
HKSG11	KNEE SQUAT: WITH KNEE SQUEEZE	SG	HIP KNEE	STRENGTH GEN
HKSG12	QUADS: CHAIR SQUAT	SG	HIP KNEE	STRENGTH GEN
HKSG121	CO- CONTRACTION: WALL SIT	SG	HIP KNEE	STRENGTH GEN
HKSG13	THIGH: SQUAT	SG	HIP KNEE	STRENGTH GEN
HKSG14	KNEE & HIP EXTENSION: THIGH SQUEEZE-SIT TO STAND	SG	HIP KNEE	STRENGTH GEN
HKSG15	JENNY McCONNELL: STEP UP AND BACK DOWN	MC	HIP KNEE	STRENGTH GEN
HKSG16	JENNY McCONNELL: STEP DOWN FORWARD	MC	HIP KNEE	STRENGTH GEN
HKSG17	QUADS: KNEE LUNGE WITH BACK LEG ON CHAIR	SG	HIP KNEE	STRENGTH GEN
HKSG171	QUADS & GLUT MED: LOWERING OFF STEP	SG	HIP KNEE	STRENGTH GEN
HKSG172	THIGHS & GLUTS: UPRIGHT LEG PRESS ON EQUIPMENT	SG	HIP KNEE	STRENGTH GEN
HKSG173	THIGHS & GLUTS: SEATED LEG PRESS ON EQUIPMENT	SG	HIP KNEE	STRENGTH GEN
HKSG174	QUADS: KNEE EXTENSION ON EQUIPMENT	SG	HIP KNEE	STRENGTH GEN
HKSG18	HIP STRENGTHENING: BUTTOCK SQUEEZE SUPINE	SG	HIP KNEE	STRENGTH GEN
HKSG181	HIP STRENGTHENING: BUTTOCK SQUEEZE PRONE	SG	HIP KNEE	STRENGTH GEN
HKSG19	HAMSTRINGS: ISOMETRIC IN LONG SITTING	SG	HIP KNEE	STRENGTH GEN
HKSG191	HAMSTRINGS: STANDING KNEE FLEXION IN NEUTRAL HIP	SG	HIP KNEE	STRENGTH GEN
HKSG20	HAMSTRINGS & GLUTS: PRONE LEG RAISE	SG	HIP KNEE	STRENGTH GEN
HKSG21	HIP EXTENSION: PRONE RAISES WITH PILLOW	SG	HIP KNEE	STRENGTH GEN

HKSG211	THIGH: HIP EXTENSION IN STANDING AT CHAIR	SG	HIP KNEE	STRENGTH GEN
HKSG22	HAMS & GLUTS: HIP EXTENSION WITH KNEE F & E	SG	HIP KNEE	STRENGTH GEN
HKSG23	GLUTS AND THIGH: HIP EXT. SUPINE FOOT ON STOOL	SG	HIP KNEE	STRENGTH GEN
HKSG24	HIP: EXTENSION WITH EXTERNAL ROTATION IN PRONE	SG	HIP KNEE	STRENGTH GEN
HKSG241	HIP EXTENSION: PRONE OVER A BENCH	SG	HIP KNEE	STRENGTH GEN
HKSG242	HAMSTRINGS: KNEE CURL ON EQUIPMENT	SG	HIP KNEE	STRENGTH GEN
HKSG25	HIP ABDUCT/ADDUCT: SUPINE SLIDE	SG	HIP KNEE	STRENGTH GEN
HKSG26	HIP ABDUCTION: SIDE LYING WITH PILLOW BETWEEN	SG	HIP KNEE	STRENGTH GEN
HKSG28	HIP ABDUCTION & EXTERNAL ROTATION: SIDE LYING	SG	HIP KNEE	STRENGTH GEN
HKSG29	HIP ABDUCTION: SIDE LYING, STRETCH & STRENGTH 2	SG	HIP KNEE	STRENGTH GEN
HKSG31	GLUT MEDIUS: WITH EXERCISE BAND IN STANDING	SG	HIP KNEE	STRENGTH GEN
HKSG32	HIP ABDUCTION: GLUT MEDIUS INTO WALL KNEELING	SG	HIP KNEE	STRENGTH GEN
HKSG33	JENNY McCONNELL: GLUT MED AGAINST THE WALL	MC	HIP KNEE	STRENGTH GEN
HKSG331	HIP STRENGTH: GLUT MED IN FIGURE OF FOUR	SG	HIP KNEE	STRENGTH GEN
HKSG332	HIP FLEXION: 4 FOOT KNEELING WITH BAND	SG	HIP KNEE	STRENGTH GEN
HKSG333	HIP ADD & FLEXION: CROOK LYING WITH BAND	SG	HIP KNEE	STRENGTH GEN
HKSG34	HIP ADDUCTION: SIDE LYING	SG	HIP KNEE	STRENGTH GEN
HKSG35	HIP ADDUCTION/ABDUCTION: SIDE LYING COMBO	SG	HIP KNEE	STRENGTH GEN
HKSG36	HIP ADDUCTION: KNEE SQUEEZE WITH VARIATIONS	SG	HIP KNEE	STRENGTH GEN
HKSG37	HIP ADDUCTION: KNEES EXTENDED	SG	HIP KNEE	STRENGTH GEN
HKSG38	HIP RANGE OF MOVEMENT: STANDING LEG SWINGS	SG	HIP KNEE	STRENGTH GEN
HKSG39	GLUTEALS: STEP STANCE CREDIT CARD SQUEEZE	SG	HIP KNEE	STRENGTH GEN
HKSG40	LOWER LIMB STRENGTH & PROPRIOCEPTION: WALKING	SG	HIP KNEE	STRENGTH GEN
HKSG401	THIGH: SPLIT STEPS	SG	HIP KNEE	STRENGTH GEN
HKSG41	LOWER LIMB STRENGTH & PROPRIOCEPTION: RUNNING	SG	HIP KNEE	STRENGTH GEN
HKSG42	LOWER LIMB STRENGTH & PROPRIOCEPTION: MINI TR	SP	HIP KNEE	STRENGTH GEN
HKSG421	STRENGTH & PROPRIOCEPTION: BALANCE DISC	SG	HIP KNEE	STRENGTH GEN
HKSG43	LOWER LIMB STRENGTH & PROPRIOCEPTION: BIKE	SG	HIP KNEE	STRENGTH GEN
HKSG44	LOWER LIMB STRENGTH & PROPRIOCEPTION: SKIPPING	SG	HIP KNEE	STRENGTH GEN
HKSG45	LOWER LIMB STRENGTH & PROPRIOCEPTION: JUMP/HOP	SG	HIP KNEE	STRENGTH GEN

HYDROTHERAPY

HYFS01	HYDRO: WARM UP	GN	HYDROTHERAPY	HYDRO
HYFS011	HYDRO: CALF STRETCHES WITH KNEE BENDS	FS	HYDROTHERAPY	HYDRO
HYFS02	HYDRO: QUADS STRETCH	FS	HYDROTHERAPY	HYDRO
HYFS03	HYDRO: HAMSTRINGS STRETCH	FS	HYDROTHERAPY	HYDRO
HYFS031	HYDRO: HIP FLEXOR STRETCH	FS	HYDROTHERAPY	HYDRO
HYFS04	HYDRO: ADDUCTOR STRETCH	FS	HYDROTHERAPY	HYDRO
HYFS05	HYDRO: UPPER LIMB ELBOW CURL	FS	HYDROTHERAPY	HYDRO
HYFS06	HYDRO: UPPER LIMB SHOULDER EXTENSION	FS	HYDROTHERAPY	HYDRO
HYFS061	HYDRO: ALTERNATE ARM SWINGS	FS	HYDROTHERAPY	HYDRO
HYFS062	HYDRO: SHOULDER IR AND ER	FS	HYDROTHERAPY	HYDRO
HYFS063	HYDRO: PUSHING & PULLING KICKBOARDS, TSPINE	FS	HYDROTHERAPY	HYDRO
HYFS064	HYDRO: SHOULDER ABD/ADD WITH KICKBOARDS	SS	HYDROTHERAPY	HYDRO
HYFS065	HYDRO: HORIZONTAL ARMSWINGS WITH KICKBOARDS	SS	HYDROTHERAPY	HYDRO
HYFS07	HYDRO: ARM SWING HANDS APART	FS	HYDROTHERAPY	HYDRO
HYFS08	HYDRO: ARM SWING, HANDS CLASPED	FS	HYDROTHERAPY	HYDRO
HYFS09	HYDRO: ELBOW F/E, SHOULDERS AT 90 DEG	FS	HYDROTHERAPY	HYDRO
HYFS10	HYDRO: SHOULDER ADDUCTION	FS	HYDROTHERAPY	HYDRO
HYFS11	HYDRO: HORIZONTAL F/E, ELBOWS STRAIGHT	FS	HYDROTHERAPY	HYDRO
HYFS12	HYDRO: SINGLE ARM HORIZONTAL F/E WITH CS ROT	FS	HYDROTHERAPY	HYDRO
HYFS121	HYDRO: STAND PULL AND PUSH KICKBOARD	FS	HYDROTHERAPY	HYDRO
HYFS122	HYDRO: STANDING MOVING KICKBOARD SIDE TO SIDE	FS	HYDROTHERAPY	HYDRO
HYFS123	HYDRO: KICKBOARD HORIZONTAL PUSHING SIDE TO SIDE	FS	HYDROTHERAPY	HYDRO
HYFS124	HYDRO: STANDING PUSHING KICKBOARD UNDER WATER	FS	HYDROTHERAPY	HYDRO
HYFS13	HYDRO: HIP FLEXION & EXTENSION	FS	HYDROTHERAPY	HYDRO
HYFS14	HYDRO: HIP ABDUCTION/ADDUCTION	FS	HYDROTHERAPY	HYDRO
HYFS15	HYDRO: LOWER LIMB CIRCLING	GN	HYDROTHERAPY	HYDRO
HYFS16	HYDRO: KNEE F/E FACING POOL EDGE	FS	HYDROTHERAPY	HYDRO
HYFS161	HYDRO: LUNGES	SS	HYDROTHERAPY	HYDRO
HYFS162	HYDRO: SINGLE LEG BALANCE WITH FLEX & EXT	SS	HYDROTHERAPY	HYDRO
HYFS163	HYDRO: SINGLE LEG BALANCE ABD AND ADD	SS	HYDROTHERAPY	HYDRO
HYFS164	HYDRO: STEP	SS	HYDROTHERAPY	HYDRO
HYFS17	HYDRO: CYCLING ON POOL EDGE	FS	HYDROTHERAPY	HYDRO
HYFS18	HYDRO: PRONE KICK HOLDING POOL EDGE	FS	HYDROTHERAPY	HYDRO

HYFS19	HYDRO: HIP/LS F & E HOLDING POOL EDGE	FS	HYDROTHERAPY	HYDRO
HYFS20	HYDRO: HIP SIDE GLIDE STANDING	FS	HYDROTHERAPY	HYDRO
HYFS21	HYDRO: HIP ROTATION FACING POOL EDGE	FS	HYDROTHERAPY	HYDRO
HYSS01	HYDRO: DIRECTION CHANGE, TRUNK STABILITY	SS	HYDROTHERAPY	HYDRO
HYSS011	HYDRO: SQUATTING WITH ARMS ON KICKBOARDS	SS	HYDROTHERAPY	HYDRO
HYSS012	HYDRO: STANDING FOOT ON KICKBOARD UP & DOWN	SS	HYDROTHERAPY	HYDRO
HYSS013	HYDRO: FOOT ON BOARD, FORWARD AND BACK	SS	HYDROTHERAPY	HYDRO
HYSS02	HYDRO: DEEP WATER WALK	SS	HYDROTHERAPY	HYDRO
HYSS03	HYDRO: DEEP WATER CYCLING	SS	HYDROTHERAPY	HYDRO
HYSS031	HYDRO: TREADING WATER UPRIGHT HOLDING BOARD	SS	HYDROTHERAPY	HYDRO
HYSS032	HYDRO: CYCLING WITH BOARD BEHIND	SS	HYDROTHERAPY	HYDRO
HYSS033	HYDRO: PRONE CYCLING WITH BOARDS UNDER WATER	SS	HYDROTHERAPY	HYDRO
HYSS034	HYDRO: BREAST STROKE SITTING ON KICKBOARD	SS	HYDROTHERAPY	HYDRO
HYSS035	HYDRO: CYCLING WHILE LYING ON A NOODLE	SS	HYDROTHERAPY	HYDRO
HYSS036	HYDRO: BREAST ST & DOG PADDLE SITTING ON NOODLE	SS	HYDROTHERAPY	HYDRO
HYSS04	HYDRO: DEEP WATER, STAIRMASTER	SS	HYDROTHERAPY	HYDRO
HYSS05	HYDRO: DEEP WATER, SIDEWAYS WALK	SS	HYDROTHERAPY	HYDRO
HYSS06	HYDRO: DEEP WATER TWIST	SS	HYDROTHERAPY	HYDRO
HYSS07	HYDRO: DEEP WATER CRUNCHES WITH ROTATION	SS	HYDROTHERAPY	HYDRO
HYSS08	HYDRO: DEEP WATER HORIZONTAL CRUNCH	SG	HYDROTHERAPY	HYDRO
HYSS09	HYDRO: DEEP WATER SIDE FLEXION	SG	HYDROTHERAPY	HYDRO
HYSS10	HYDRO: DEEP WATER SIDE CRUNCH, KNEES FLEXED	SG	HYDROTHERAPY	HYDRO
HYSS11	HYDRO: KNEE PIVOT HOLDING EDGE	SS	HYDROTHERAPY	HYDRO
HYSS12	HYDRO: DEEP WATER VERTICAL CRUNCH	SG	HYDROTHERAPY	HYDRO
HYSS13	HYDRO: ARM PIVOT HOLDING POOL EDGE	SS	HYDROTHERAPY	HYDRO
HYSSO37	HYDRO: SIDESTROKE WITH KICKBOARDS	SS	HYDROTHERAPY	HYDRO

PLYOMETRICS

PCSG01	PLYOMETRIC: JUMP ONTO STEP	SG	PLYOMETRIC	STRENGTH GEN
PCSG02	PLYOMETRIC: JUMP OFF STEP TO GROUND & LEAP	SG	PLYOMETRIC	STRENGTH GEN
PCSG03	PLYOMETRIC: JUMP ONTO STEP & LEAP OFF STEP	SG	PLYOMETRIC	STRENGTH GEN
PCSG05	PLYOMETRIC: JUMPING OVER STEP SIDEWAYS	SG	PLYOMETRIC	STRENGTH GEN
PCSG06	PLYOMETRIC: STANDING JUMP KNEE TUCK	SG	PLYOMETRIC	STRENGTH GEN
PCSG07	PLYOMETRIC: HIGH LEAP USING ARMS	SG	PLYOMETRIC	STRENGTH GEN
PCSG08	PLYOMETRIC: ALTERNATE LEG BOUND	SG	PLYOMETRIC	STRENGTH GEN
PCSG10	PLYOMETRIC: HIGH KNEE STEP	SG	PLYOMETRIC	STRENGTH GEN

SHOULDER-STRETCHES, MULLIGAN AND RANGE OF MOVEMENT

SEFS01	TRICEPS STRETCH: IN STANDING	FS	SHOULDER ELB	STRETCH ROM
SEFS02	POSTERIOR SHOULDER STRETCH: ARM ACROSS THE BODY	FS	SHOULDER ELB	STRETCH ROM
SEFS03	POSTERIOR SH.STRETCH: IN EXTERNAL ROTATION	FS	SHOULDER ELB	STRETCH ROM
SEFS031	POSTERIOR SH STRETCH: IN ER ELBOW STRAIGHT	FS	SHOULDER ELB	STRETCH ROM
SEFS04	POSTERIOR SH STRETCH: IN INTERNAL ROT	FS	SHOULDER ELB	STRETCH ROM
SEFS05	LAT DORSI STRETCH: AGAINST WALL	FS	SHOULDER ELB	STRETCH ROM
SEFS06	POSTERIOR SH STRETCH: KNEELING	FS	SHOULDER ELB	STRETCH ROM
SEFS07	ANTERIOR SH STRETCH: HANDS CLASPED	FS	SHOULDER ELB	STRETCH ROM
SEFS08	ANTERIOR SH STRETCH: SINGLE ARM IN DOORWAY	FS	SHOULDER ELB	STRETCH ROM
SEFS09	ANTERIOR SH STRETCH: FOREARM IN DOORWAY	FS	SHOULDER ELB	STRETCH ROM
SEFS10	ANTERIOR SH STRETCH: BILATERAL ARMS IN DOOR	FS	SHOULDER ELB	STRETCH ROM
SEFS11	ANTERIOR SH STRETCH: KNEELING	FS	SHOULDER ELB	STRETCH ROM
SEFS12	SHOULDER FLEXION STRETCH: SUPINE	FS	SHOULDER ELB	STRETCH ROM
SEFS13	SHOULDER FLEXION STRETCH: SITTING ARM ON BENCH	FS	SHOULDER ELB	STRETCH ROM
SEFS141	SHOULDER FLEXION STRETCH: HOLDING OVERHEAD	FS	SHOULDER ELB	STRETCH ROM
SEFS15	SH EXTERNAL ROTATION STRETCH: IN SUPINE	FS	SHOULDER ELB	STRETCH ROM
SEFS16	SHOULDER ER STRETCH: STANDING HOLDING OBJECT	FS	SHOULDER ELB	STRETCH ROM
SEFS17	SHOULDER FLEXION AND EXT. ROTATION: SUPINE	FS	SHOULDER ELB	STRETCH ROM
SEFS171	SHOULDER FLEXION: SUPINE ELBOW AT RIGHT ANGLES	FS	SHOULDER ELB	STRETCH ROM
SEFS172	SHOULDER FLEXION: SUPINE ELBOW EXTENDED	FS	SHOULDER ELB	STRETCH ROM
SEFS18	SUPRASPINATUS STRETCH: SIDE LYING	FS	SHOULDER ELB	STRETCH ROM
SEFS181	SUPRASPINATUS STRETCH: ARM IN FRONT OF BODY	FS	SHOULDER ELB	STRETCH ROM
SEFS19	SHOULDER: HAND BEHIND BACK IN STANDING	FS	SHOULDER ELB	STRETCH ROM
SEFS20	SH EXTENSION WITH IR: HAND BEHIND BACK	FS	SHOULDER ELB	STRETCH ROM
SEFS21	SHOULDER: HAND BEHIND BACK WITH TOWEL	FS	SHOULDER ELB	STRETCH ROM
SEFS221	TRAPS STRETCH: STANDING HANDS CLASPED	FS	SHOULDER ELB	STRETCH ROM
SEFS23	SHOULDER EXTENSION: IN STANDING	FS	SHOULDER ELB	STRETCH ROM
SEFS24	SH FLEXION: SUPINE WITH CANE	FS	SHOULDER ELB	STRETCH ROM

SEFS25	SH FLEXION: WITH CANE- ELBOWS EXTENDED	FS	SHOULDER ELB	STRETCH ROM
SEFS26	SHOULDER EXTERNAL ROTATION: WITH CANE SUPINE	FS	SHOULDER ELB	STRETCH ROM
SEFS27	SH HORIZONTAL F. AND E: WITH CANE IN SUPINE	FS	SHOULDER ELB	STRETCH ROM
SEFS28	SHOULDER: PENDULAR ROCK IN STANDING	FS	SHOULDER ELB	STRETCH ROM
SEFS29	SHOULDER: WALKING UP THE WALL ASSISTED	FS	SHOULDER ELB	STRETCH ROM
SEFS30	SHOULDER: WALKING UP THE WALL UNASSISTED	FS	SHOULDER ELB	STRETCH ROM
SEFS31	SH FLEXION & EXTENSION: WITH PULLEY	FS	SHOULDER ELB	STRETCH ROM
SEFS32	SHOULDER ROM: SHOULDER SHRUG	FS	SHOULDER ELB	STRETCH ROM
SEFS33	SHOULDER ROM: SHOULDER ROLLS	FS	SHOULDER ELB	STRETCH ROM
SEFS34	SHOULDER ROM: ARM SWINGS	FS	SHOULDER ELB	STRETCH ROM
SEFS35	SHOULDER SELF MOB: SCAPTION WITH AXILLA STRAP	FS	MULLIGAN	MULLIG-STRAP
SEFS36	SHOULDER SELF MOB: SCAPTION WITH STRAP AND PAD	FS	MULLIGAN	MULLIG-STRAP
SEFS37	SHOULDER FLEXION: WITH CERVICAL SELF MOB.	FS	MULLIGAN	MULLIG-STRAP
SEFS38	DYNAMIC WARM UP: SHOULDER CIRCLES	FS	SHOULDER	STRETCH ROM SEFS3
	DYNAMIC WARM UP: SHOULDER THROWING ACTION	FS	SHOULDER	STRETCH ROM SEFS4
	DYNAMIC WARM UP: ARM SWINGS HORIZ FLEX & EXT	FS	SHOULDER	STRETCH ROM SEFS4
	DYNAMIC WARM UP: SH FLEX & EXT WITH TRUNK ROT	FS	SHOULDER	STRETCH ROM SEFS4
	DYNAMIC WARM UP: SHADOW BOXING	FS	SHOULDER	STRETCH ROM SEFS4
	DYNAMIC WARM UP: ARM RUNNING ACTION	FS	SHOULDER	STRETCH ROM SEFS4
	DYNAMIC WARM UP: SPORTS SPECIFIC	FS	SHOULDR	STRETCH ROM

SHOULDER-STRENGTH

SESG01	SHOULDER EXTERNAL ROTATION: ISOMETRIC	SG	SHOULDER ELB	STRENGTH GEN
SESG02	SHOULDER INTERNAL ROTATION: ISOMETRIC	SG	SHOULDER ELB	STRENGTH GEN
SESG03	SH EXTERNAL ROTATION: ISOMETRIC AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG04	SH INTERNAL ROTATION: ISOMETRIC AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG05	SH ADDUCTION: ISOMETRIC AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG06	SH ABDUCTION: ISOMETRIC AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG07	SH EXTENSION: ISOMETRIC AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG071	SH EXTENSION: ISOMETRIC AGAINST WALL HAND	SG	SHOULDER ELB	STRENGTH GEN
SESG08	SH FLEXION: ISOMETRIC WITH ELBOW E. AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG081	SHOULDER: POLISHING RETRACTION/PROTRACTION	SG	SHOULDER ELB	STRENGTH GEN
SESG082	SHOULDER: POLISHING ON BENCH CIRCLES	SG	SHOULDER ELB	STRENGTH GEN
SESG083	SHOULDER: POLISHING ON BENCH HORIZ FLEX/EXT	SG	SHOULDER ELB	STRENGTH GEN
SESG09	SH ADDUCTION: ISOMETRIC WITH TOWEL	SG	SHOULDER ELB	STRENGTH GEN
SESG10	SHOULDER PROTRACTION AND RETRACTION	SG	SHOULDER ELB	STRENGTH GEN
SESG111	SH RETRACTION, DEP. & E.R: IN SIDE LYING	SG	SHOULDER ELB	STRENGTH GEN
SESG12	SH RETRACTION & DEPRESSION: WITH THUMB RESIST	SG	SHOULDER ELB	STRENGTH GEN
SESG131	SH RETRACTION AND DEPRESSION: AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG14	SHOULDER: SCAPULA RETRACTION & DEPRESSION	SG	SHOULDER ELB	STRENGTH GEN
SESG15	SHOULDER CIRCLING: IN STANDING	SG	SHOULDER ELB	STRENGTH GEN
SESG151	SHOULDER ABD: SIDE LYING ELBOW AT 90 DEG	SG	SHOULDER ELB	STRENGTH GEN
SESG152	SHOULDER ABD: SIDE LYING ELBOW STRAIGHT	SG	SHOULDER ELB	STRENGTH GEN
SESG161	SHOULDER RET. & DEP: PRONE SHOULDER RAISE	SG	SHOULDER ELB	STRENGTH GEN
SESG162	SHOULDER & SCAP: PRONE RAISE HANDS CLASPED	SG	SHOULDER ELB	STRENGTH GEN
SESG17	SHOULDER: WALL EXERCISE	SG	SHOULDER ELB	STRENGTH GEN
SESG182	SHOULDER UPRIGHT PUSHUP: AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG191	SHOULDER FALL & CATCH: PUSH UP AGAINST WALL	SG	SHOULDER ELB	STRENGTH GEN
SEFS192	SHOULDER: UPRIGHT PUSH UP INTO CORNER OF WALL	FS	SHOULDER ELB	STRENGTH GEN
SESG20	SHOULDER PROT/RET: IN PUSH UP POSITION	SG	SHOULDER ELB	STRENGTH GEN
SESG21	SHOULDER: HALF AND FULL PUSH UP	SG	SHOULDER ELB	STRENGTH GEN
SESG22	SHOULDER HORIZONTAL F & E: BATWAVE	SG	SHOULDER ELB	STRENGTH GEN
SESG221	SHOULDER HORIZONTAL EXT: PRONE ELBOWS FLEXED	SG	SHOULDER ELB	STRENGTH GEN
SESG222	SHOULDER EXTENSION: BILATERAL PRONE	SG	SHOULDER ELB	STRENGTH GEN
SESG223	SHOULDER HORIZONTAL EXT: PRONE IN ER	SG	SHOULDER ELB	STRENGTH GEN
SESG23	SHOULDER LOWER TRAPS: ARMS FLEXED IN STANDING	SG	SHOULDER ELB	STRENGTH GEN
SESG24	SHOULDER/ELBOW F & E IN ELEVATION: BACK TO WAL	SG	SHOULDER ELB	STRENGTH GEN
SESG251	SHOULDER FLEXION: BACK TO WALL	SG	SHOULDER ELB	STRENGTH GEN
SESG26	SHOULDER RETRACTION & DEPRESSION: OVER A CHAIR	SG	SHOULDER ELB	STRENGTH GEN
SESG271	SH EXTERNAL ROTATION: SIDE LYING WITH WEIGHT	SG	SHOULDER ELB	STRENGTH GEN
SESG281	SH EXTERNAL ROTATION: AT TABLE	SG	SHOULDER ELB	STRENGTH GEN
SESG303	SH RETRACTION & DEPRESSION: STOP SIGN AT TABLE	SG	SHOULDER ELB	STRENGTH GEN
SESG304	SHOULDER EXTERNAL ROTATION: IN PRONE	SG	SHOULDER ELB	STRENGTH GEN
SESG311	SHOULDER INTERNAL ROT: PRONE ARM AT 90 DEGREE	SG	SHOULDER ELB	STRENGTH GEN
SESG312	SHOULDER INTERNAL ROT: PRONE HAND BEHIND BACK	SG	SHOULDER ELB	STRENGTH GEN

SESG322	SHOULDER ADDUCTION: WITH EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG331	SHOULDER EXTENSION: EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG341	SHOULDER FLEXION: EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG35	SHOULDER EXTERNAL ROTATION: EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG351	SHOULDER EXTERNAL ROTATION: EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG36	SHOULDER ABDUCTION: WITH EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG37	SHOULDER DIAGONAL: ABD/F TO ADD/EXT	SG	SHOULDER ELB	STRENGTH GEN
SESG38	SHOULDER DIAGONAL: EXT/ADD/IR TO F/ABD/ER	SG	SHOULDER ELB	STRENGTH GEN
SESG39	SHOULDER DIAGONAL: EXT TO FLEX & ADD	SG	SHOULDER ELB	STRENGTH GEN
SESG40	SHOULDER DIAGONAL: FLEX/ADD TO EXT	SG	SHOULDER ELB	STRENGTH GEN
SESG401	SHOULDER EXTERNAL ROTATION: ELBOW ON TABLE	SG	SHOULDER ELB	STRENGTH GEN
SESG402	SHOULDER EXT ROT: ELBOW ON BENCH WITH EX BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG411	SHOULDER INT ROT: ELBOW RESTING ON BENCH	SG	SHOULDER ELB	STRENGTH GEN
SESG412	SHOULDER INT ROT: ELBOW ON BENCH WITH EX BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG41	SHOULDER ER IN STOP SIGN: WITH EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG421	SHOULDER ER & IR: STOP SIGN POSITION	SG	SHOULDER ELB	STRENGTH GEN
SESG422	SHOULDER CONTROL: CIRCLES IN 90 DEG ABDUCTION	SG	SHOULDER ELB	STRENGTH GEN
SESG42	SHOULDER IR IN STOP SIGN: WITH EXERCISE BAND	SG	SHOULDER ELB	STRENGTH GEN
SESG43	SHOULDER: PRONE REVERSE PUNCH	SG	SHOULDER ELB	STRENGTH GEN
SESG44	SHOULDER: TRICEPS OVERHEAD PRESS	SG	SHOULDER ELB	STRENGTH GEN
SESG45	SHOULDER: SINGLE ARM ROW	SG	SHOULDER ELB	STRENGTH GEN
SESG46	TRICEPS DIPS: LONG SITTING WITH BLOCKS	SG	SHOULDER ELB	STRENGTH GEN
SESG47	SHOULDER: TRICEPS DIPS	SG	SHOULDER ELB	STRENGTH GEN
SESG48	SHOULDER ABDUCTION: WITH DUMBBELL	SG	SHOULDER ELB	STRENGTH GEN
SESG49	SHOULDER: SEATED LATERAL ARM RAISE	SG	SHOULDER ELB	STRENGTH GEN
SESG50	SHOULDER: SEATED FORWARD ARM RAISE	SG	SHOULDER ELB	STRENGTH GEN
SESG51	SHOULDER: SEATED ARM RAISE IN SCAPTION	SG	SHOULDER ELB	STRENGTH GEN
SESG52	SHOULDER SCAPTION: IN INTERNAL ROTATION	SG	SHOULDER ELB	STRENGTH GEN
SESG53	SHOULDER: SINGLE ARM OVERHEAD PRESS	SG	SHOULDER ELB	STRENGTH GEN
SESG54	SHOULDER: PECTS IN STANDING	SG	SHOULDER ELB	STRENGTH GEN
SESG55	SHOULDER: HORIZONTAL PUNCH IN STANDING	SG	SHOULDER ELB	STRENGTH GEN
SESG56	SHOULDER: MILITARY PRESS	SG	SHOULDER ELB	STRENGTH GEN
SESG561	SHOULDER: OVERHEAD PRESS ON EQUIPMENT	SG	SHOULDER ELB	STRENGTH GEN
SESG57	SHOULDER: BICEPS CURLS	SG	SHOULDER ELB	STRENGTH GEN
SESG58	SHOULDER: LATERAL ARM RAISE	SG	SHOULDER ELB	STRENGTH GEN
SESG59	SHOULDER: ALTERNATE ARM RAISES STANDING	SG	SHOULDER ELB	STRENGTH GEN
SESG61	SHOULDER: FLYS	SG	SHOULDER ELB	STRENGTH GEN
SESG62	SHOULDER: BENCHPRESS SUPINE	SG	SHOULDER ELB	STRENGTH GEN
SESG63	SHOULDER: PRONE HORIZ. EXT IN ER, IR & NEUTRAL	SG	SHOULDER ELB	STRENGTH GEN
SESG64	SHOULDER PROTRACTION: SUPINE WITH WEIGHT	SG	SHOULDER ELB	STRENGTH GEN
SESG65	SHOULDER DEPRESSION: CHAIR LIFT	SG	SHOULDER ELB	STRENGTH GEN
SESG75	SHOULDER: SEATED ROW WITH EQUIPMENT	SG	SHOULDER ELB	STRENGTH GEN
SESG76	SHOULDER: LONG SITTING ROW WITH EQUIPMENT	SG	SHOULDER ELB	STRENGTH GEN
SESG77	SHOULDER: LAT PULL DOWN UNDERHAND	SG	SHOULDER ELB	STRENGTH GEN
SESG78	SHOULDER: LAT PULL DOWN UNDERHAND	SG	SHOULDER ELB	STRENGTH GEN
SESG79	SHOULDER:MILITARY PRESS	SG	SHOULDER ELB	STRENGTH GEN
SESG80	SHOULDER: PECTS ON EQUIPMENT	SG	SHOULDER ELB	STRENGTH GEN

SPINE TRUNK-REHAB BALL

STBX01	REHAB BALL: STANDING 1 KNEE RESTING ON BALL	SS	SPINE TRUNK	REHAB BALL
STBX02	REHAB BALL: BALL HUG KNEELING	SS	SPINE TRUNK	REHAB BALL
STBX021	REHAB BALL: HUG TO WEIGHT BEAR HANDS AND FEET	SS	SPINE TRUNK	REHAB BALL
STBX022	REHAB BALL: PRONE DRAPE WALK FORWARD	SS	SPINE TRUNK	REHAB BALL
STBX023	REHAB BALL: PRONE DRAPE KNEES TO CHEST	SS	SPINE TRUNK	REHAB BALL
STBX024	REHAB BALL: PRONE DRAPE ARM EXTENSION	SS	SPINE TRUNK	REHAB BALL
STBX025	REHAB BALL: PRONE DRAPE OPPOSITE ARM AND LEG	SS	SPINE TRUNK	REHAB BALL
STBX026	REHAB BALL: PRONE DRAPE SAME ARM & LEG EXT	SS	SPINE TRUNK	REHAB BALL
STBX027	REHAB BALL: PRONE DRAPE SINGLE & DOUBLE LEG EXT	SG	SPINE TRUNK	REHAB BALL
STBX028	REHAB BALL: KNEELING PRONE DRAPE ARM EXT IN IR	SS	SPINE TRUNK	REHAB BALL
STBX03	REHAB BALL: ABDOMINALS BALL EXERCISE, KNEELING	SS	SPINE TRUNK	REHAB BALL
STBX04	REHAB BALL: SUPINE DRAPE OVER BALL	GN	SPINE TRUNK	REHAB BALL
STBX041	REHAB BALL: KNEELING PASSIVE EXTENSION	FS	SPINE TRUNK	REHAB BALL
STBX05	REHAB BALL: SUPINE BUTTOCK LIFT	SG	SPINE TRUNK	REHAB BALL
STBX051	REHAB BALL: SUPINE BUTTOCK LIFT SINGLE LEG	SS	SPINE TRUNK	REHAB BALL
STBX052	REHAB BALL: SUPINE BUTTOCK LIFT ARMS OVERHEAD	SS	SPINE TRUNK	REHAB BALL

STBX06	REHAB BALL: BALL WALL SQUAT IN STANDING	SG	SPINE TRUNK	REHAB BALL
STBX061	REHAB BALL: SINGLE LEG SQUAT	SS	SPINE TRUNK	REHAB BALL
STBX07	REHAB BALL: SITTING ON REHAB BALL	SG	SPINE TRUNK	REHAB BALL
STBX071	REHAB BALL: PELVIC ROCKING	SS	SPINE TRUNK	REHAB BALL
STBX072	REHAB BALL: SITTING KNEE EXTENSION	SS	SPINE TRUNK	REHAB BALL
STBX073	REHAB BALL: SITTING ALTERNATE ARMS	SS	SPINE TRUNK	REHAB BALL
STBX074	REHAB BALL: SITTING BILATERAL SHOULDER FLEXION	SS	SPINE TRUNK	REHAB BALL
STBX075	REHAB BALL: SITTING BILATERAL ARMS ABDUCTION	SS	SPINE TRUNK	REHAB BALL
STBX08	REHAB BALL: LATERAL FLEXION DRAPE	GN	SPINE TRUNK	REHAB BALL
STBX09	REHAB BALL: HEEL ROLLING ON BALL IN STANDING	SG	SPINE TRUNK	REHAB BALL
STBX11	REHAB BALL: PUSH UP ONTO BALL	SG	SPINE TRUNK	REHAB BALL
STBX12	REHAB BALL: SUPINE BALL ROLL	SG	SPINE TRUNK	REHAB BALL
STBX121	REHAB BALL: CRUNCH	SS	SPINE TRUNK	REHAB BALL
STBX122	REHAB BALL: OBLIQUE CRUNCH	SS	SPINE TRUNK	REHAB BALL
STBX123	REHAB BALL: SUPINE SINGLE LEG EXTENSION	SS	SPINE TRUNK	REHAB BALL
STBX124	REHAB BALL: BRIDGING FROM FLOOR	SS	SPINE TRUNK	REHAB BALL
STBX125	REHAB BALL: SITTING TO LYING	SS	SPINE TRUNK	REHAB BALL
STBX126	REHAB BALL: SHOULDERS ON BALL BRIDGING	SS	SPINE TRUNK	REHAB BALL
STBX127	REHAB BALL: SHOULDERS ON BALL BRIDGING IN ADD	SS	SPINE TRUNK	REHAB BALL
STBX128	REHAB BALL: SHOULDERS ON BALL BRIDGING ABD	SS	SPINE TRUNK	REHAB BALL
STBX129	REHAB BALL: 4 FOOT KNEELING AND KNEELING	SS	SPINE TRUNK	REHAB BALL

FALLS PREVENTION

STFP01	FALLS PREVENTION: TOE & HEEL RAISE AT CHAIR	FP	SPINE TRUNK	FALLS PREV
STFP011	FALLS PREVENTION: TOE RAISES AT CHAIR	FP	SPINE TRUNK	FALLS PREV
STFP012	FALLS PREVENTION: ROCKING BACK ONTO HEELS AT RAIL	FP	SPINE TRUNK	FALLS PREV
STFP031	FALLS PREVENTION: HIP & KNEE EXT IN STANDING	FP	SPINE TRUNK	FALLS PREV
STFP071	FALLS PREVENTION: ARM SWINGS IN STANDING	FP	SPINE TRUNK	FALLS PREV
STFP09	FALLS PREVENTION: SINGLE LEG BALANCE	FP	SPINE TRUNK	FALLS PREV
STFP10	FALLS PREVENTION: LUNGE HOLDING RAIL	FP	SPINE TRUNK	FALLS PREV
STFP11	FALLS PREVENTION: HIP FLEX. AT RAIL	FP	SPINE TRUNK	FALLS PREV
STFP12	FALLS PREVENTION: HIP EXTENSION AT RAIL	FP	SPINE TRUNK	FALLS PREV
STFP13	FALLS PREVENTION: HIP ABDUCTION AT RAIL	FP	SPINE TRUNK	FALLS PREV
STFP131	FALLS PREVENTION: KNEE FLEXION IN STANDING	FP	SPINE TRUNK	FALLS PREV
STFP132	FALLS PREVENTION:SQUAT AT CHAIR	FP	SPINE TRUNK	FALLS PREV
STFP14	FALLS PREVENTION: FEET TOGETHER IN STANDING	FP	SPINE TRUNK	FALLS PREV
STFP15	FALLS PREVENTION: TANDEM STANCE	FP	SPINE TRUNK	FALLS PREV
STFP16	FALLS PREVENTION: TOE POINT ON CLOCKFACE	FP	SPINE TRUNK	FALLS PREV
STFP17	FALLS PREVENTION: STEPPING OVER LARGE OBJECT	FP	SPINE TRUNK	FALLS PREV
STFP18	FALLS PREVENTION: STEPPING SIDEWAYS OVER OBJECT	FP	SPINE TRUNK	FALLS PREV
STFP19	FALLS PREVENTION: BALANCE AND REACH TO FLOOR	FP	SPINE TRUNK	FALLS PREV
STFP20	FALLS PREVENTION: SIDE FLEXION IN STANDING	FP	SPINE TRUNK	FALLS PREV
STFP21	FALLS PREVENTION: HIP FLEX IN SITTING WT TRANSFER	FP	SPINE TRUNK	FALLS PREV
STFP22	FALLS PREVENTION: DF AND PF IN SITTING	FP	SPINE TRUNK	FALLS PREV
STFP23	FALLS PREVENTION: HIP FLEX IN SITTING LIFT KNEE UP	FP	SPINE TRUNK	FALLS PREV
STFP24	FALLS PREVENTION: SIDE FLEXION IN SITTING	FP	SPINE TRUNK	FALLS PREV
STFP25	FALLS PREVENTION: TRUNK ROTATION IN SITTING	FP	SPINE TRUNK	FALLS PREV

SPINE TRUNK-STRETCHES, RANGE OF MOVEMENT, MULLIGAN AND PAIN RELIEF

STFS01	THORACIC SPINE/RIB CAGE: DEEP BREATHING	GN	SPINE TRUNK	STRETCH ROM
STFS02	THORACIC SPINE ARCH: IN SITTING	GN	SPINE TRUNK	STRETCH ROM
STFS03	THORACIC SPINE: TOWEL STRETCH IN SUPINE	GN	SPINE TRUNK	STRETCH ROM
STFS04	SHOULDER & T.S. STRETCH: LEAN FORWARD ON CHAIR	FS	SPINE TRUNK	STRETCH ROM
STFS05	TRUNK LATERAL FLEXION & SH. STRETCH: IN SITTING	FS	SPINE TRUNK	STRETCH ROM
STFS06	TS AND SH. STRETCH: FINGERS INTERLOCKED IN FRONT	FS	SPINE TRUNK	STRETCH ROM
STFS07	TS AND SH STRETCH: SITTING ARMS OVERHEAD	FS	SPINE TRUNK	STRETCH ROM
STFS09	THORACIC SPINE AND SH: SEATED STOP SIGN	SG	SPINE TRUNK	STRETCH ROM
STFS11	SCAP. & THORACIC S. STRETCH: IN X LEGGED SITTING	FS	SPINE TRUNK	STRETCH ROM
STFS12	THORACIC SPINE: GENERAL RIB CAGE MOBILITY	GN	SPINE TRUNK	STRETCH ROM
STFS13	SHOULDER & THORACIC SPINE STRETCH: KNEELING	FS	SPINE TRUNK	STRETCH ROM
STFS14	SH AND T.S. STRETCH: 4 PT KNEELING WITH SH FLEX	FS	SPINE TRUNK	STRETCH ROM
STFS15	TRUNK STABILITY: WALL EXERCISE IN STANDING	SS	SPINE TRUNK	STRETCH ROM
STFS16	THORACIC SPINE: ARM DIAGONALS IN 4 POINT KNEELING	GN	SPINE TRUNK	STRETCH ROM
STFS17	SHOULDER AND SCAP: PRONE RAISE HANDS CLASPED	GN	SPINE TRUNK	STRETCH ROM
STFS20	LUMBAR SPINE: POSTERIOR PELVIC TILT IN SUPINE	GN	SPINE TRUNK	STRETCH ROM
STFS21	SPINE/TRUNK: KNEES TO CHEST SUPINE	GN	SPINE TRUNK	STRETCH ROM

STFS22	SPINE/TRUNK: KNEES HUG BACK ROLL- HEAD RAISED	GN	SPINE TRUNK	STRETCH ROM
STFS23	LUMBAR SPINE/BUTTOCK: SINGLE KNEE TO CHEST	GN	SPINE TRUNK	STRETCH ROM
STFS24	LUMBAR SPINE: SUPINE KNEE ROLL IN CROOK LYING	GN	SPINE TRUNK	STRETCH ROM
STFS25	LUMBAR SPINE/TRUNK: CROCODILE STRETCH	GN	SPINE TRUNK	STRETCH ROM
STFS26	LUMBAR SPINE: ELBOW PROPS IN PRONE	GN	SPINE TRUNK	STRETCH ROM
STFS27	LUMBAR SPINE: PRONE PASSIVE EXTENSION	GN	SPINE TRUNK	STRETCH ROM
STFS28	LUMBAR SPINE: ELBOW PROP WITH HIP EXTENSION	GN	SPINE TRUNK	STRETCH ROM
STFS281	LUMBAR SPINE: PASSIVE EXT TO CAT ARCH	GN	SPINE TRUNK	STRETCH ROM
STFS282	TRUNK: ROLL UP TO STANDING FROM PRONE	FS	SPINE TRUNK	STRETCH ROM
STFS283	TRUNK: ROLL UP IN STANDING	FS	SPINE TRUNK	STRETCH ROM
STFS29	LUMBAR SPINE: CAT ARCH IN FOUR POINT KNEELING	GN	SPINE TRUNK	STRETCH ROM
STFS291	TRUNK MOBILISATION: ROCK IN 4 FOOT KNEELING	FS	SPINE TRUNK	STRETCH ROM
STFS30	LUMBAR SPINE/TRUNK: TRACTION ON BENCH IN STANCE	GN	SPINE TRUNK	STRETCH ROM
STFS31	LUMBAR SPINE: ARCH IN STANDING	GN	SPINE TRUNK	STRETCH ROM
STFS311	LUMBAR SPINE: PASSIVE EXT AGAINST A WALL	SS	SPINE TRUNK	STRETCH ROM
STFS312	LUMBAR SPINE: SIDE GLIDE IN STANDING AGAINST WALL	FS	SPINE TRUNK	STRETCH ROM
STFS32	LUMBAR: TFL AND TRUNK LATERAL FLEXION STRETCH	FS	SPINE TRUNK	STRETCH ROM
STFS33	LAT DORSI AND QUAD LUMB: STRETCH IN SITTING	FS	SPINE TRUNK	STRETCH ROM
STFS34	HAMSTRING/LUMBAR SPINE: LONG SIT STRETCH	FS	SPINE TRUNK	STRETCH ROM
STFS35	TRUNK LATERAL FLEXION: STRETCH	FS	SPINE TRUNK	STRETCH ROM
STFS36	WISBEY-ROTH: QUAD. LUMBORUM STRETCH	FS	SPINE TRUNK	STRETCH ROM
STFS37	HIP FLEXOR STRETCH: PRONE OVER BENCH	FS	SPINE TRUNK	STRETCH ROM
STFS38	TRUNK ROTATION: SITTING ON CHAIR	FS	SPINE TRUNK	STRETCH ROM
STFS39	DYNAMIC WARM UP: ARM SWING WITH TRUNK ROT	FS	SPINE TRUNK	STRETCH ROM
STFS40	LUMBAR SELF MOB: EXTENSION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
STFS41	LUMBAR SELF MOB: FLEXION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
STFS42	LUMBAR SELF MOB: SIDE FLEXION WITH STRAP	FS	MULLIGAN	MULLIG-STRAP
STFS43	SELF MOBILISATION: CAT OR LION STRETCH SUPINE	FS	MULLIGAN	MULLIG-STRAP
STFS44	SELF MOBILISATON: GATE TECHNIQUE SUPINE	FS	MULLIGAN	MULLIG-STRAP
STFS45	DYNAMIC WARM UP:TRUNK TWIST IN STANDING	FS	SPINE TRUNK	STRETCH ROM
STFS451	DYNAMIC WARM UP: JUMP WITH TWIST	FS	SPINE TRUNK	STRETCH ROM
STFS46	DYNAMIC WARM UP: ARM HIGH-LOW WITH HIP SWING	FS	SPINE TRUNK	STRETCH ROM
STFS461	DYNAMIC WARM UP: JUMP SIDE TO SIDE	FS	SPINE TRUNK	STRETCH ROM
STFS47	DYNAMIC WARM UP: SQUAT TO HIGH STRETCH	FS	SPINE TRUNK	STRETCH ROM

SPINE TRUNK-NEURAL

STNE01	NEURAL MOBILISATION: SLR SLIDER	NE	SPINE TRUNK	NEURAL
STNE02	NEURAL MOBILISATION: SLUMP	NE	SPINE TRUNK	NEURAL
STNE03	NEURAL MOBILISATION: PKB IN SIDE LYING SLUMP	NE	SPINE TRUNK	NEURAL
STNE04	NEURAL MOBILISATION: SUPINE DF/PF WITH CS F/E	NE	SPINE TRUNK	NEURAL
STNE05	NEURAL MOBILISATION: SLR KNEE EXT WITH CSPINE EXT	NE	SPINE TRUNK	NEURAL
STNE06	NEURAL MOBILISATION: STANDING PNB WITH CSPINE F/E	NE	SPINE TRUNK	NEURAL

SPINE TRUNK-POSTURE AND LIFTING TECHNIQUES

STPL01	LIFTING TECHNIQUE: FEET PARALLEL	SS	SPINE TRUNK	POSTURE/LIFT
STPL02	LIFTING TECHNIQUE: STEP STANDING	SS	SPINE TRUNK	POSTURE/LIFT
STPL03	LIFTING TECHNIQUE: CARRYING YOUR LOAD	SS	SPINE TRUNK	POSTURE/LIFT
STPL04	LIFTING TECHNIQUE: LIFTING OVERHEAD	SS	SPINE TRUNK	POSTURE/LIFT
STPL05	LIFTING TECHNIQUE: CARRYING A CASE	SS	SPINE TRUNK	POSTURE/LIFT
STPL06	LIFTING TECHNIQUE: KNEE LIFT	SS	SPINE TRUNK	POSTURE/LIFT
STPL061	LIFTING TECHNIQUE: BACK PACK	SS	SPINE TRUNK	POSTURE/LIFT
STPL062	LIFTING TECHNIQUE: CHOOSE A PACK	SS	SPINE TRUNK	POSTURE/LIFT
STPL07	POSTURE: STANDING	SS	SPINE TRUNK	POSTURE/LIFT
STPL071	BALLET: STANDING POSTURE	SS	SPINE TRUNK	POSTURE LIFT
STPL072	BALLET: SECOND POSITION WITH PLIE	SS	SPINE TRUNK	POSTURE LIFT
STPL08	POSTURE: SITTING	SS	SPINE TRUNK	POSTURE/LIFT
STPL09	LIFTING TECHNIQUE: LEG EXTENSION	SS	SPINE TRUNK	POSTURE/LIFT
STPL10	POSTURE: WORKBENCH	SS	SPINE TRUNK	POSTURE/LIFT
STPL11	POSTURE: DAILY TASKS	SS	SPINE TRUNK	POSTURE/LIFT
STPL12	POSTURE: WORKING ON FLOOR OR IN THE GARDEN	SS	SPINE TRUNK	POSTURE/LIFT

SPINE TRUNK-POST NATAL

STPN01	POST NATAL: R.A.D. ABDOMINAL SEPARATION CHECK	PN	SPINE TRUNK	POST NATAL
STPN02	POST NATAL: TRANSVERSUS ABDOMINUS	PN	SPINE TRUNK	POST NATAL
STPNO3	POST NATAL: ABDOMINAL WITH SEPARATION SUPPORT	PN	SPINE TRUNK	POST NATAL
STPN04	POST NATAL: ABDOMINALS WITH ELBOWS EXTENDED	PN	SPINE TRUNK	POST NATAL
STPN05	POST NATAL: OBLIQUES	PN	SPINE TRUNK	POST NATAL

SPINE TRUNK-CORE STABILITY AND GENERAL STRENGTHENING

STSS01	TRUNK STABILITY: PRONE LOWER ABDOMINALS	SS	SPINE TRUNK CORE-STAB
STSS02	TRUNK STABILITY: LOWER ABDOMINALS, 4 PT KNEEL	SS	SPINE TRUNK CORE-STAB
STSS03	TRUNK STABILITY: LOWER ABDOMINAL IN CROOK LYI	SS	SPINE TRUNK CORE-STAB
STSS04	TRUNK STABILITY: LOWER ABS- LEG DROP TO EACH SI	SS	SPINE TRUNK CORE-STAB
STSS05	TRUNK STABILITY: SUPINE KNEE TO CHEST	SS	SPINE TRUNK CORE-STAB
STSS051	TRUNK STABILITY: SUPINE KNEE TO CEILING	SS	SPINE TRUNK CORE-STAB
STSS06	TRUNK STABILITY: SUPINE KNEE SLIDES	SS	SPINE TRUNK CORE-STAB
STSS061	TRUNK STABILITY: KNEE HUG	SS	SPINE TRUNK CORE-STAB
STSS07	TRUNK STABILITY: BRIDGING	SS	SPINE TRUNK CORE-STAB
STSS071	BRIDGING: ARM RAISE AND LEG RAISE COMBOS	SS	SPINE TRUNK CORE-STAB
STSS072	TRUNK STABILITY: BRIDGING WITH RESISTED ABD	SS	SPINE TRUNK CORE-STAB
STSS073	TRUNK STABILITY: SUPINE KNEE LIFT	SS	SPINE TRUNK CORE-STAB
STSS08	TRUNK STABILITY: SUPINE ALTERNATE ARMS	SS	SPINE TRUNK CORE-STAB
STSS09	TRUNK STABILITY: SUPINE KNEE PRESS INTO WALL	SS	SPINE TRUNK CORE-STAB
STSS10	TRUNK STABILITY: ABDOMINAL- BILATERAL LEG SLID	SS	SPINE TRUNK CORE-STAB
STSS11	TRUNK STABILITY: SUPINE ARM RAISE	SS	SPINE TRUNK CORE-STAB
STSS111	SIJ: HIP HITCHING SUPINE	SS	SPINE TRUNK CORE-STAB
STSS112	TRUNK STABILITY: SUPINE SIDE SLIDE	SG	SPINE TRUNK CORE-STAB
STSS12	TRUNK STABILITY: PRONE HEEL AND BUTTOCK SQUEEZE	SS	SPINE TRUNK CORE-STAB
STSS13	TRUNK: PRONE KNEE FLEXION AND EXTENSION	SS	SPINE TRUNK CORE-STAB
STSS14	TRUNK STABILITY: PRONE LEG RAISE	SS	SPINE TRUNK CORE-STAB
STSS15	TRUNK: PRONE ARM RAISE	SS	SPINE TRUNK CORE-STAB
STSS151	TRUNK: TRUNK EXTENSION PRONE	SS	SPINE TRUNK CORE-STAB
STSS16	TRUNK STABILITY: PRONE HIP EXT. KNEE AT 90 DEG	SS	SPINE TRUNK CORE-STAB
STSS17	TRUNK STABILITY: GLUT MED FIGURE OF 4 WITH PILLOW	SS	SPINE TRUNK CORE-STAB
STSS18	TRUNK STABILITY: GLUT MED/ABDOS IN FIGURE OF 4	SS	SPINE TRUNK CORE-STAB
STSS19	TRUNK STABILITY: PRONE SINGLE LEG RAISE	SS	SPINE TRUNK CORE-STAB
STSS20	TRUNK STAB: PRONE ARM & LEG RAISE WITH FLEX & E	SS	SPINE TRUNK CORE-STAB
STSS21	TRUNK STAB: 4 POINT KNEELING- HIP & KNEE FLEXION	SS	SPINE TRUNK CORE-STAB
STSS22	TRUNK STAB: ALTERNATE ARM & LEG 4 POINT KNEELING	SS	SPINE TRUNK CORE-STAB
STSS23	SIJ: 4 POINT KNEEL- KNEE F & E WITH HIP EXTENSION	SS	SPINE TRUNK CORE-STAB
STSS24	TRUNK STAB: 4 POINT KNEEL- HIP EXT WITH KNEE FLEX	SS	SPINE TRUNK CORE-STAB
STSS25	SIJ: STRENGTH & CONTROL IN FOUR POINT KNEELING	SS	SPINE TRUNK CORE-STAB
STSS26	TRUNK STABILITY: LOW BACK EXTENSION IN SITTING	SS	SPINE TRUNK CORE-STAB
STSS27	TRUNK STABILITY: LOWER ABDOMINALS - SEATED	SS	SPINE TRUNK CORE-STAB
STSS28	TRUNK STABILITY: SEATED RUNNING	SS	SPINE TRUNK CORE-STAB
STSS281	TRUNK STABILITY: SEATED KNEE ISOMETRICS	SS	SPINE TRUNK CORE-STAB
STSS29	TRUNK STABILITY: SEATED ROTATION WITH SH POLE	SS	SPINE TRUNK CORE-STAB
STSS291	TRUNK STABILITY: POSTURE SQUAT HOLDING CHAIR	SS	SPINE TRUNK CORE-STAB
STSS292	TRUNK STABILITY: ROMANIAN DEADLIFT	SS	SPINE TRUNK CORE-STAB
STSS30	TRUNK STABILITY: SQUATS WITH ARMS IN FRONT	SS	SPINE TRUNK CORE-STAB
STSS301	TRUNK STABILITY: SQUAT WITH BARBELL	SS	SPINE TRUNK CORE-STAB
STSS302	TRUNK STABILITY: WALL EXERCISE	SS	SPINE TRUNK CORE-STAB
STSS303	TRUNK STABILITY: SHOULDER FLEX FACING WALL	SS	SPINE TRUNK CORE-STAB
STSS304	TRUNK STABILITY: SHOULDER FLEX BACK TO WALL	SS	SPINE TRUNK CORE-STAB
STSS305	TRUNK STABILITY: SHOULDER FLEX AGAINST WALL 2	SS	SPINE TRUNK CORE-STAB
STSS31	TRUNK STABILITY: OBLIQUE ABDOM, FOOT ON CHAIR	SS	SPINE TRUNK CORE-STAB
STSS32	TRUNK STABILITY: HIP ROTATION HOLDING CHAIR	SS	SPINE TRUNK CORE-STAB
STSS33	TRUNK STABILITY: STANDING ROTATION SIDE TO SIDE	SS	SPINE TRUNK CORE-STAB
STSS34	TRUNK STABILITY: STANDING TWIST	SS	SPINE TRUNK CORE-STAB
STSS35	TRUNK STABILITY: KARATE KID STANCE	SS	SPINE TRUNK CORE-STAB
STSS36	TRUNK STABILITY: KNEELING CABLE ROW	SS	SPINE TRUNK CORE-STAB
STSS37	TRUNK STABILITY: WITH HIP ER IN SIDELYING	SS	SPINE TRUNK CORE-STAB
STSS38	TRUNK STABILITY: ABD AND ER IN SIDE LYING	SS	SPINE TRUNK CORE-STAB
STSS381	TRUNK STABILITY: HALF AND FULL PUSH UP	SS	SPINE TRUNK CORE-STAB
STSS382	TRUNK STABILITY: SIDE BRIDGE	SS	SPINE TRUNK CORE STAB
STSS39	TRUNK STABILITY: ABDOS- LEG RAISE KNEES FLEXED	SS	SPINE TRUNK CORE-STAB
STSS41	TRUNK STABILITY: LEG CYCLE	SS	SPINE TRUNK CORE-STAB
STSS411	TRUNK STABILITY: SIDE LYING CRUNCH	SG	SPINE TRUNK CORE-STAB
STSS412	TRUNK STABILITY: CRUNCH WITH LEGS TO 1 SIDE	SG	SPINE TRUNK CORE-STAB
STSS42	TRUNK STABILITY: SUPINE ARM LOWERING - LEGS UP	SS	SPINE TRUNK CORE-STAB
STSS43	TRUNK STABILITY: SUPINE ALTERNATE ARM LOWERING	SS	SPINE TRUNK CORE-STAB
STSS44	TRUNK STABILITY: SUPINE LEG EXTENSION TO 45 DEG	SS	SPINE TRUNK CORE-STAB

STSS45	TRUNK STABILITY: CRUNCH	SS	SPINE TRUNK	CORE-STAB
STSS451	TRUNK STABILITY: ABDOM. WITH LEG PRESS INTO WALL 1	SS	SPINE TRUNK	CORE-STAB
STSS452	TRUNK STABILITY: ABDOM. WITH LEG PRESS INTO WALL 2	SS	SPINE TRUNK	CORE-STAB
STSS46	ABDOMINALS: OBLIQUE CRUNCH	SG	SPINE TRUNK	CORE-STAB
STSS47	ABDOMINALS: OBLIQUE CRUNCH WITH KNEE CROSSED	SG	SPINE TRUNK	CORE-STAB
STSS48	ABDOMINALS: ALTERNATE FLYS	SG	SPINE TRUNK	CORE-STAB
STSS49	ABDOMINALS: ALTERNATE FLY WITH CRUNCH	SS	SPINE TRUNK	CORE-STAB
STSS51	ABDOMINALS: OBLIQUE ADVANCED	SG	SPINE TRUNK	CORE-STAB
STSS52	ABDOMINALS: UPPER AND LOWER CRUNCH	SG	SPINE TRUNK	CORE-STAB
STSS53	ABDOMINALS: LEG LOWERING	SG	SPINE TRUNK	CORE-STAB
STSS54	ABDOMINALS: LEG CIRCLING AT 90 DEGREES	SG	SPINE TRUNK	CORE-STAB
STSS55	ABDOMINALS: LEG LOWERING AT 90 DEGREES	SG	SPINE TRUNK	CORE-STAB
STSS551	ABDOMINALS: UPRIGHT ON EQUIPMENT KNEES FLEXED	SG	SPINE TRUNK	CORE-STAB
STSS552	ABDOMINALS: UPRIGHT ON EQUIPMENT KNEES EXTEND	SG	SPINE TRUNK	CORE-STAB
STSS56	TRUNK STABILITY: STANDING MEDICINE BALL TWIST	SS	SPINE TRUNK	CORE-STAB
STSS57	TRUNK STABILITY: MEDICINE BALL DIAGONALS	SS	SPINE TRUNK	CORE-STAB
STSS58	HIP EXTENSION: PRONE OVER A BENCH	SS	SPINE TRUNK	CORE-STAB
STSS59	TRUNK STABILITY: KNEELING ARM EXTENSION WITH	SS	SPINE TRUNK	CORE-STAB
STSS60	TRUNK STABILITY: ARM EXTENSION WITH EXERCISE	SS	SPINE TRUNK	CORE-STAB
STSS61	TRUNK STABILITY: ARM FLEXION WITH EXERCISE BAND	SS	SPINE TRUNK	CORE-STAB
STSS62	TRUNK STABILITY: FACING X BAND ALTERNATE ARMS	SS	SPINE TRUNK	CORE-STAB
STSS63	TRUNK STABILITY: STANDING ON EXERCISE BAND	SS	SPINE TRUNK	CORE-STAB

SPINE TRUNK FALLS PREVENTION

STFP02	BALANCE: FOOT PLACEMENT ON A STEP	SS	SPINE TRUNK	FALLS PREV
STFP03	BALANCE: HIP SHIFT IN STANDING HOLDING CHAIR	SS	SPINE TRUNK	FALLS PREV
STFP04	FALLS PREVENTION: REACHING FOR OBJECT IPSILAT	SS	SPINE TRUNK	FALLS PREV
STFP05	FALLS PREVENTION: REACHING ACROSS BODY	SS	SPINE TRUNK	FALLS PREV
STFP051	FALLS PREVENTION: REACHING UP	SS	SPINE TRUNK	FALLS PREV
STFP052	FALLS PREVENTION: REACHING TOWARD FLOOR	SS	SPINE TRUNK	FALLS PREV
STFP06	FALLS PREVENTION: SIDEWAYS STEP AT RAIL	SS	SPINE TRUNK	FALLS PREV
STFP07	FALLS PREVENTION: SIT TO STAND	SS	SPINE TRUNK	FALLS PREV
STFP08	FALLS PREVENTION: STEPPING OVER OBJECT	SS	SPINE TRUNK	FALLS PREV

THERAPIST/CARER ASSISTED

THFS01	ASSISTED: ANKLE RANGE OF MOVEMENT	FS	ANKLE FOOT	STRETCH ROM
THFS02	ASSISTED: TOE FLEXION AND EXTENSION	FS	ANKLE FOOT	STRETCH ROM
THFS03	ASSISTED: HIP & KNEE FLEXION/EXTENSION SUPINE	FS	HIP KNEE	STRETCH ROM
THFS04	ASSISTED: HIP EXT/ABD – FLEX/ADD	FS	HIP KNEE	STRETCH ROM
THFS05	ASSISTED: HIP EXT/ADD-FLEX/ABD	FS	HIP KNEE	STRETCH ROM
THFS06	ASSISTED: HIP ABDUCTION ADDUCTION	FS	HIP KNEE	STRETCH ROM
THFS07	ASSISTED: SHOULDER FLEXION EXTENSION SUPINE	FS	SHOULD ELB	STRETCH ROM
THFS08	ASSISTED: SHOULDER ABDUCTION ADDUCTION	FS	SHOULD ELB	STRETCH ROM
THFS10	ASSISTED: WRIST ROM	FS	ELB WR HD	STRETCH ROM
THFS11	ASSISTED: FINGERS AND THUMB ROM	FS	ELB WR HD	STRETCH ROM
THFS12	ASSISTED: WRIST SUPINATION-PRONATION	FS	ELB WR HD	STRETCH ROM
THFS13	ASSISTED: ELBOW FLEXION EXTENSION	FS	ELB WR HD	STRETCH ROM
THFS14	ASSISTED: SHOULDER INT/EXT ROTATION	FS	SHOULDER	STRETCH ROM
THFS15	ASSISTED: HIP FLEXOR STRETCH IN SUPINE	FS	HIP KNEE	STRETCH ROM
THFS16	ASSISTED: KNEE FLEXION EXTENSION IN SITTING	FS	HIP KNEE	STRETCH ROM
THFS17	ASSISTED: ANKLE DORSI FLEXION, PLANTAR F	FS	ANKLE FOOT	STRETCH ROM

TMJ

TJSG01	TMJ EXERCISES: GENERAL INSTRUCTIONS	SG	TMJ	STRENGTH GEN
TJSG011	TMJ: ISOMETRIC WITH THE FIST UNDER THE CHIN	SG	TMJ	STRENGTH GEN
TJSG02	TMJ: TONGUE WIPE ALONG ROOF OF MOUTH	SG	TMJ	STRENGTH GEN
TJSG03	TMJ: CLICKING WITH TONGUE ON ROOF OF MOUTH	SG	TMJ	STRENGTH GEN
TJSG04	TMJ: ISOMETRIC SIDE GLIDE AGAINST HAND	SG	TMJ	STRENGTH GEN
TJSG05	TMJ: ISOMETRIC OPENING WITH THUMB & FOREFINGER	SG	TMJ	STRENGTH GEN